Toronto metro

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TORONTO'S TIGHTEST RACES

PART 1 IN A SERIES AS METRO TALKS WITH TORONTO CANDIDATES TO WATCH

Candidates Olivia Chow and Adam Vaughan visit the Metro newsroom to have a conversation about the issues facing Canada. LIZ BEDDALL/METRO

'The urban agenda is back'

ELECTION 2015

Chow, Vaughan agree that cities need more help from Ottawa

Luke Simcoe
Metro | Toronto

Cities have been shortchanged under Stephen Harper.

If Olivia Chow and Adam Vaughan — the front-runners in one of the hottest election contests in Toronto — can agree on anything, it's that.

"Cities need a better deal out of Ottawa," said Vaughan, who's running for the Liberals in Spadina-Fort York.

Both Vaughan and Chow — who's looking to reclaim the riding for the NDP — are vowing to increase cash flowing out of Ottawa and into Canadian cities. The Liberals have promised $60 billion in national infrastructure spending, while the NDP platform includes nearly $13 billion for the GTA alone.

On Monday, Chow and Vaughan were at Metro to talk about their plans. They agreed the city needs more help from Ottawa to improve transit and affordable housing but had different opinions about where the money should come from.

The Liberals are looking to raise taxes on the wealthiest Canadians, while the NDP is adamant new programs should be paid for by hiking the corporate tax rate.

Chow believes cities should have the freedom to spend federal cash as they see fit, and she accused the other parties — including the Liberals — of being "addicted to ribbon cutting" for political gain.

"When funding comes through partisan interests, that's a recipe for disaster," she said.

With a growing number of Canadians choosing to live in urban centres, Vaughan and Chow said the federal election on Oct. 19 is a chance to put cities back at the forefront.

"The urban agenda is back," Vaughan said.

Candidates talk housing, transit and Syria, page 10

PLUS: Part 2 in our ongoing election series READY TO ENGAGE, page 12

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Your essential daily news

Who tosses out 2.3 kilograms of trash per person daily? **World**

T.O. won't bow to gun thugs

VIOLENCE

Restaurant shooting was targeted, say owner, police

Jessica Smith Cross
Metro | Toronto

The owner of the restaurant where hooded gunmen shot to patrons Sunday night says nightlife in downtown Toronto will go on because people won't be "prisoner to thugs and senseless violence."

Michael Dabic was in the kitchen of his restaurant, Michael's on Simcoe, a little before 10 p.m. Sunday night when he heard about five shots.

"It sounded very, very loud," he said. "I don't know that I'd ever heard gunfire before, but it sounded louder than you'd think it would."

There were about 40 patrons plus staff in the upscale "steakhouse with an Italian twist" at 100 Simcoe St. Dabic called 911, went into the dining room to find the two shooters had already fled.

They had been wearing hoods and there is some discrepancy among witnesses about whether they were also wearing masks, he said.

"There was a couple being attended to, mostly the female," he said. "The guy, he was shot, too, but he was sitting upright and conscious. The female was fading."

Some of his patrons, in shock, were still sitting at their tables, not moving, he said. Then, police and paramedics came pouring in.

The shooting was targeted, according to Dabic and the police.

The couple was sitting in a booth in the back, and the shooters appeared to know where to find them, he said. They'd had arrived about 90 minutes earlier without a reservation and he'd spoken with them about the restaurant. They said they lived in the area.

"I offered them a few tables, and they chose to sit in the corner, loungey booth back there. I don't think they had anything to drink but they ate well, steak and pasta. A lovely young couple, 30-ish dressed nicely. Quiet."

Both victims are recovering in hospital, and for that Dabic is thankful.

"You can recover in business, but you can't recover from death," he said. Dabic hopes to reopen soon, perhaps even later this week.

"There's no sense prolonging it, life has to go on. We have to show strength. You can't let violence deter you from your livelihood," he said. "This is going to happen again. It's going to happen somewhere else, hopefully."

It's the latest in a string of downtown shootings, but Dabic said it hasn't changed the way he's seen his corner of downtown, in the club district, because shootings happen everywhere. But he hopes it's some kind of catalyst for change, whether it makes people call for stronger gun laws or more police.

"People don't like to see violence in their own backyards like this," he said.

"We're in a neighbourhood. There are condos all around me, people's homes in this neighbourhood."

The second of two victims arrive at hospital after a shooting at 100 Simcoe St. A man and woman were rushed to hospital with serious injuries after a shooting by two masked men at a restaurant Sunday evening. VICTOR BIRO/FOR TORSTAR NEWS SERVICE

> **We've got to realize that we live in one of the best cities in the world and we're not in fear. ... because you don't want to be prisoner to thugs, to senseless violence.** Michael Dabic

STATISTICS

So far this year there have been about 180 shootings in Toronto, according to crime statistics kept by the Toronto Police Service.

That's more shootings year-to-date than in 2014 and 2013, but on par with 2012.

Over recent years, Toronto has typically had more than 200 shootings a year.

So far there have been 37 homicides in Toronto, 17 by gun. Those figures are lower than in recent years and much lower than in 2005.

By this time that year, after the "summer of the gun," 41 people had been fatally shot in Toronto, and a total of 52 people would be shot to death by the end of that year.

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Drug overdose deaths rise dramatically in Toronto

HEALTH

Ex-OxyContin users replace it with 'whatever they can get'

Peter Leslie remembers that late spring day well.

While standing in the lobby of a Parkdale apartment building, someone told him a man was overdosing on heroin upstairs.

Leslie rushed into the apartment and was able to revive the unconscious man by injecting naloxone, an antidote to opioid drug overdoses, saving his life.

But many more people in Toronto were not so lucky.

Reported deaths from drug overdoses jumped dramatically between 2004 and 2013, according to Toronto Public Health. Numbers collected in a report to be presented next Tuesday show overdose deaths rose by 41 per cent in that period, from 146 in 2004 to 206 in 2013.

"This is a serious, almost plague-like situation," said Leslie, a former paramedic and harm reduction worker.

Ward 20 Coun. Joe Cressy, who is chair of Toronto Drug Strategy Implementation Panel, blamed the increase on rising use of opioids, including heroin and fentanyl, a potent painkiller that can be abused in its patch form or ingested through an illegal pill or powder.

"Deaths due to overdose are on the increase in our city, and they needn't be," Cressy told Torstar News Service.

The city runs several programs to try to reduce overdoses, including distributing naloxone to people who use opioid drugs, he said.

Peter Leslie has first-hand experience with drug-related close calls, having successfully revived an unconscious man who had overdosed on heroin in his apartment building.
TORSTAR NEWS SERVICE

Leslie, who uses prescription opioid drugs for pain management, was given training and a naloxone kit through a Toronto Public Health Program.

To get naloxone, people must be known opioid drug users and go through the program.

Cressy believes it should be easier to access and be available over the counter.

Natalie Kallio, harm reduction program lead at the Parkdale Community Health Centre, calls overdoses an "epidemic" in the neighbourhood.

"We've lost some very beloved members of this community recently in quick succession," she said.

"In every case there's a family that we may or may not know about that comes out and is just devastated."

Kallio said she's noticed an increase in overdoses, particularly in the last six months.

"There are a variety of reasons that people think it's happening," she said.

One is that since OxyContin was taken off the market, people are replacing it with "whatever they can get," she said.

In addition, "fentanyl is obviously a problem and it's unstable," she said.

Kallio said she's frustrated by the fact that naloxone isn't more easily available.

Good Samaritan laws are needed to protect people from facing potential drug charges when they call 911 after someone they're with overdoses. "It's all preventable," she said.

TORSTAR NEWS SERVICE

146

There were 146 reported overdose deaths in 2004.

206

There were 206 reported overdose deaths in 2013 — the highest annual total to date.

Under 5

Reported accidental heroin overdose deaths in 2004, in addition to 16 from morphine or heroin.

27

There were 27 confirmed heroin overdoses, and another 24 resulting from morphine or heroin in 2013.

Under 5

There were fewer than five reported accidental overdoses involving fentanyl in 2004.

12

Accidental fentanyl overdose deaths in 2013.
TORONTO PUBLIC HEALTH

EDUCATION

Teachers take aim at Wynne

It's not personal; it's strictly business. That's the message from Premier Kathleen Wynne, channelling her inner Michael Corleone from The Godfather, as she steels herself for Elementary Teachers' Federation of Ontario protests aimed at her.

"It's being personalized because that's a political tactic," the premier said of the upcoming "Wynne Wednesday" when ETFO teachers are to wear a "solidarity colour" to school as well as union buttons, shirts or caps.

"I'm not going to take it personally," she said Monday at a campaign-style event in Etobicoke promoting transit-infrastructure spending.

"I'm not happy about the fact that there's increased disruption in our public elementary schools. It's not a situation that I want to continue. The fact is that we have been able to come to agreements with all of the other teacher groups."

That's a reference to the ratified agreements with secondary school and Catholic school teachers' unions, and a provisional deal with French teachers.

"What's really important is that we explain to kids that this doesn't mean that their teachers are mad at them; it doesn't mean that their teachers are not wanting to be there," the premier said.

Teachers ramped up their work-to-rule approach on Monday, which includes one day a week where they are forbidden from running extracurricular activities, and a looming threat of one-day strikes.

Teachers will no longer update class websites or blogs. Meet the teacher nights have also been banned, and for the second report card in a row, they won't prepare progress reports or add any comments.

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LET'S GET LCBO TOGETHER

IN BRIEF

Eaton Centre to get new name, logo

You've probably done some shopping there, so you may as well want to know the Eaton Centre is changing its name.

Specifically, the downtown shopping mall will henceforth be known as CF Toronto Eaton Centre.

It's part of an overall rebranding of Cadillac Fairview's centres across the country.

On Monday, the corporation unveiled a new logo, a strategy that's "set to transform how Canadians see one of North America's largest commercial real estate companies," read part of the press release.

The company owns and operates some 20 shopping centres across the country, all of which will now carry the prefix CF and a tagline that reads "Where it all comes together." METRO

Headliners announced for Toronto's 2015 WE Day

More than 20,000 students are set to convene in Toronto next month to celebrate youth engagement through the WE Day series.

NBA legend Earvin Magic Johnson, multi-platinum Grammy nominee Carly Rae Jepsen, Get Real movement founder Chris Studer, and Academy Award-winning actress Marlee Matlin are just a few of a host of speakers at the event, which takes place Oct. 1 at Air Canada Centre.

WE Day co-founder Craig Kielburger said the movement has grown into an inspirational platform for young people to take action locally and globally in creating a better world for future generations. METRO

Bringing happiness to 'left-behind' children

SMILE

U of T student uses music to help youth in rural China

Gilbert Ngabo
Metro | Toronto

A University of Toronto computer science student is using music to help "left-behind" children in rural China.

Gu Xiaoyan grew up in Changqing district, a rural area in the south of China near Hong Kong. He picked up interest in music at a young age, and taught himself to play guitar after his father bought him one when he was about 10.

Issues of left-behind children were rampant. In his village, it was common to see parents migrate to bigger cities for work, leaving the little ones to grow up at their grandparents or relatives. He didn't live the experience himself, but his family played host to many such children.

Their plight didn't fully hit him until a couple of years ago. Having come to Toronto through the Green Path Initiative — a U of T project that brings the brightest Chinese high school grads to study in Toronto every year — Xiaoyan watched a UNICEF video about left-behind children.

"It was very sad. Most of these children suffer from depression and loneliness," said Xiaoyan, who plays more than 10 musical instruments and has composed dozens of songs.

"I immediately thought that music could give them some happiness."

So he set out raising funds through teaching music lessons in his spare time around Scarborough and selling some of his own music. The drive brought in nearly $600, enough to purchase some 30 cheap ukuleles that he brought to a primary school this summer.

"All of a sudden the children were very happy and full of energy," he said, adding they kept shouting the word "smile" in reference to his last name's meaning.

"I guess every kid really likes music."

> **All of a sudden the children were very happy and full of energy.**
> Gu Xiaoyan

Gu Xiaoyan is a science geek but loves playing instruments, too. He is changing the tune for kids overseas who may be susceptible to depression or loneliness, and plans to raise more funds to grow his innovative project next year. CONTRIBUTED

Thirty youngsters benefited from Gu Xiaoyan's efforts this summer, learning to play ukulele. CONTRIBUTED

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Contentious speech moved off campus

UNIVERSITY OF TORONTO

Tensions rise as women voice concern over speaker

Jessica Smith Cross
Metro | Toronto

During a recent protest, feminists decried the men's issues group and the upcoming talk by Cathy Young. JESSICA SMITH CROSS/METRO

The University of Toronto's Men's Issues group has decided to move its talk by a controversial speaker off campus because tensions with campus feminists have reached a "boiling point," a spokesperson said Monday.

A talk by American columnist Cathy Young about feminism's "cult of victimization" was to be held at the university on Thursday, but it is being moved to the InterContinental Hotel near campus the same night, said Justin Trottier, Executive Director of the Canadian Association for Equality (CAFE), which is organizing the talk along with U of T's campus men's issues group.

The talk was moved both because of recent online threats to kill feminists at U of T and the demonstrations feminists have held in opposition to CAFE's events in the past, said Trottier.

"They have increased the temperature of the situation," he said. "The university doesn't want anything volatile on campus that could spark any further escalation."

After meeting, with university administration, Trottier said they came to a decision that hosting the campus was "too risky" at this time.

Trottier said CAFE's events aren't meant to provoke tensions, but are meant to provoke debate on important questions.

Advocates say the Richmond Street lane will be essential for encouraging riders. RICHARD LAUTENS/TORSTAR NEWS SERVICE

BIKE LANES

Wheels in motion for cycling growth

The city officially opened an extension of the Richmond Street cycle track Monday morning, cutting the ribbon on a corridor that advocates say is essential to encouraging cycling downtown.

The extension, which is part of an ongoing pilot project, is another piece of the city's slowly growing, sometimes patchwork network of painted bike lanes and cycle tracks, which are separated from other traffic.

"People are recognizing that cycling is the fastest way to get around in the downtown core," said Jared Kolb, executive director of Cycle Toronto. "And now that we're adding safe infrastructure, people are jumping on their bikes, and they're using it more frequently."

The extension runs from Parliament Street in the east to York Street in the west. With the extension added on to another portion installed in 2014, the Richmond track runs from Bathurst to Parliament.

Work to extend tracks on nearby Adelaide Street is expected to be completed "in the next few weeks," according to a city news release.

The effectiveness of the tracks and their impact on traffic are still subject to evaluation. Coun. Jaye Robinson said Monday that changes could still be made to the tracks if necessary. TORSTAR NEWS SERVICE

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Toothbrush, spare socks, scalpel ....

CHARITY

Group asks travellers to bring medical supplies along

Gilbert Ngabo
Metro | Toronto

A recent delivery in Indonesia. The items are donated by hospitals and clinics in Canada. CONTRIBUTED

A local group wants Toronto travellers to be couriers, too — and help save lives in the process.

Next time you're heading on vacation to that remotest end of the world, think Not Just Tourists Toronto. The project, which has expanded to other cities around the country, calls on travellers to take a suitcase of medical supplies and deliver it to clinics where they are badly needed.

Using donations from local hospitals and clinics, volunteers gather medications and other health equipment and wrap them up into suitcases. Willing tourists can then help carry them to health centres in countries around the world.

"It's all mainly done through a good word of mouth and it has been really powerful," said Claudia Hon, the acting co-ordinator of the project.

Volunteers, including nurses and doctors, gather in the basement of Emmanuel Howard Park United Church in Roncesvalles village to sort and pack the supplies.

How do they know where to send the supplies? Sometimes clinics will contact them directly, having learned about them online or through diaspora groups. Or the other way around: immigrants from needy countries come out and help make connections.

From rural clinics in Uganda and Nigeria to hospitals in Indonesia, Haiti and Honduras, the project has delivered thousands of suitcases to more than 80 countries.

"It is heartwarming to hear stories of mothers and children who are benefiting from these supplies," said Hon.

She said the project is always in need of volunteers to help sort and wrap the donations as well as travellers who can reach out to the remotest areas where the need is greater.

"We don't have people working on this on a full-time basis," she said. "We're just based on goodwill, and that can sometimes be difficult."

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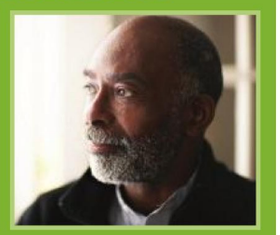

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Fight for the right to dock

WATER TAXIS

Open bidding on York quay would benefit public: Owners

Water taxi owners in Toronto are calling for open bidding on the right to dock at Toronto's York St. quay, saying the current process lets the incumbent stay indefinitely and shuts out new players.

The incumbent says he has earned the right to their dock and shouldn't be kicked out simply because he's been there for a while. His rivals say an open bidding process would benefit the public, who could access more water taxis close to the ferries, and would eliminate the current situation where some are swimming in money, while others sink.

Two downtown quays — one directly south of York St., the other south of Yonge St. — are the coveted territory. Customers who want to get to the Toronto Islands line up between them to take the ferry, according to Alex Nosal, owner of The Otter Guy water taxi company.

"(The York quay represents) 95 per cent of all the water taxi business … we get a tiny fraction compared to (that)," Nosal said.

That quay is managed by Harbourfront Centre, which also manages the quays west of it up to Bathurst St.

Harbourfront, a not-for-profit organization, has dockage agreements with water taxi companies for each of those quays.

The problem is that nobody has been able to bid for the York St. quay in recent history, as one company, Toronto Harbour Water Taxi, owned by Ralph McQuinn, has held the docking rights for the last few years, according to Terry Turl, owner of Water Taxi Toronto. Apart from McQuinn and his company, nobody else is allowed to bring passengers to or from the quay.

"If I pick you up over at Hanlan's Point, and you want to go to York Street where you parked your car, I can't drop you off (there)," he said.

Turl also has an agreement with Harbourfront Centre for the quay on Peter Street in the HTO park. But it's too far from customer parking by the ferries, especially when those customers can ride with McQuinn's taxis instead, he said.

Terry Turl, owner of Water Taxi Toronto, stands in one of his water taxis at the Peter Street quay, near the HTO park. Turl wants the right to bid on the York quay. TORSTAR NEWS SERVICE

Turl, Nosal and other water taxi owners have formed an association in order to lobby for the right to bid on the York quay. Though Turl doesn't know exactly how much McQuinn is paying, he's willing to pay more.

"I have a good idea what they pay. I'd gladly pay triple," he said.

But so far, there's been no tender process, he said.

Harbourfront Centre manager Craig Weekes said in an emailed statement that water taxi owners who have a lease agreement for a quay get the first right of refusal for the same quay the following year. No process exists by which someone could offer more money for a lease and get it instead, he said.

McQuinn told the Star he's been in the water-taxi business far longer than any of his competitors and doesn't think letting them bid on the York quay would be fair, considering the amount of work he's put in over the years.

TORSTAR NEWS SERVICE

RIDE-SHARING

Uber calls for reform

Uber is urging customers and drivers to rise up, demanding city councillors legalize the UberX private-vehicle ride service.

The California-based service, which is shaking up the taxi industry across the globe, unveiled a petition calling on councillors to pass reforms recommended by city staff at council's Sept. 30 meeting.

By 2 p.m., the site registered more than 17,000 signatures.

The licensing committee voted last week to kill a provision of the proposed rules that would open the door to UberX, an app that connects riders to owners of personal vehicles, subject to insurance and other safeguards.

Uber Canada general manager Ian Black said Monday that his 400,000 regular UberX users and 16,000 "driver partners" in Toronto need to know what's at stake.

"It's not particularly well known that the vote on Sept. 30 is really a 'Yes' or 'No' vote on whether this city wants to embrace Uber," Black said.

TORSTAR NEWS SERVICE

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Bogus site mocks Tories

POLITICS

Funds sought in disgraced ex-MP's, party worker's names

Jessica Smith Cross
Metro | Toronto

A website that appeared to solicit donations to the Conservative Party in the name of two of its members convicted of election-related crimes had progressive Twitter up in arms Monday morning.

The site was not made by the Conservative Party, however. Instead, it's the product of a Toronto-based web developer with a history of working on progressive causes and anti-Conservative websites, Metro discovered.

Shane Ingles, a web developer whose online CV boasts work on the viral anti-Conservative website S--- Harper Did and progressive advocacy websites by TruthFool Communications, told Metro he created the website along with his colleagues from S--- Harper Did.

He said it was meant to bring awareness to the fact that Dean Del Mastro is eligible for a pension.

"It's ludicrous to me, and hopefully everybody else, that someone who's in jail for (electoral) fraud will end up receiving a pension that we pay for," he said.

He said he's not affiliated with any political parties, unions or other organized groups.

ConservativeLegacyFund.ca, the hoax site, was still live as of press time. It claims to support former MP Dean Del Mastro and former campaign worker Michael Sona, who "both sacrificed their personal freedom to ensure Conservative victories in federal elections."

"Their dedication to the core principles of the Conservative cause helped us lead Canada on a path to a future of unlimited possibility," the site says. "When Dean Del Mastro returns to freedom he will do so knowing that he has the support of a well-deserved pension for the rest of his life. However, Michael Sona has no pension awaiting him upon his release.

"Not all of those who sacrifice for the Conservative cause have access to the support they deserve."

The site closely resembles genuine Conservative Party websites and links, with a "donate" button that linked to the party's fundraising platform, until the party blocked the site from doing so midday Monday.

Perhaps predictably, the site caused a stir on social media Monday morning, with some believing it was real and others who thought they recognized a hoax. The site's domain was registered recently, but anonymously.

Metro discovered the link to Ingles on areyouapartoftheproblem.com, which was once nearly identical to the Conservative Legacy Fund, but in an earlier stage of development. That site was registered to a "Shane Ingles."

conservativelegacyfund.ca
Give monthly to make a difference every day.
Donate Now!
Why the Legacy fund
Dean Del Mastro and Michael Sona both sacrificed their personal freedom to ensure Conservative victories in federal elections. Their dedication to the core principles of the Conservative cause helped us lead Canada on a path to a future of unlimited possibility.
When Dean Del Mastro returns to freedom he will do so knowing that he has the support of a well-deserved pension for the rest of his life. However, Michael Sona has no pension awaiting him upon his release.
Not all of those who sacrifice for the Conservative cause have access to the support they deserve.
Donate Now!
What donors say

ConservativeLegacyFund.ca was set up by anti-Conservative activists, but solicited real donations for the Conservative Party in the names of Dean Del Mastro and Michael Sona. SCREENSHOT

IN BRIEF

High school teacher faces more sex-assault charges

Toronto police have laid five more sexual assault charges against a former teacher at C.W. Jefferys Collegiate Institute in North York. Police allege the male teacher allegedly sexually assaulted one woman during school hours in June 2014, and another woman four separate times during school hours from April 17 to June 29. Mississauga man Chinedu Okoro, 49, was re-arrested on Sept. 16. He was previously arrested and charged in August in relation to sexual assaults on two teenage girls during school hours. TORSTAR NEWS SERVICE

Woman hit by runaway dump-truck tires dies

A woman has died after being hit by two tires that flew off a dump truck in Mississauga. Police say the 49-year-old woman was on a sidewalk just before 8 a.m. Friday when she was struck. She was rushed to a hospital where she died on Saturday. THE CANADIAN PRESS

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METROTALKS

TORONTO'S TIGHTEST RACES

In one of the most contested ridings in the biggest city in Canada, a political storm is brewing. On the line is an urban agenda that goes beyond just ribbon-cutting for new subways. We join Olivia Chow and Adam Vaughan to discuss everything from bike lanes to the struggles faced by young professionals in Toronto to the Syrian refugee crisis.

The great urban divide

LIZ BEDDALL/METRO

Luke Simcoe
Metro | Toronto

A tight, two-way race is on in Spadina-Fort York between the Liberals' Adam Vaughan and NDP stalwart Olivia Chow, a pair of former city councillors asking voters to send them back to Ottawa.

Chow and Vaughan sat down with Metro on Monday to talk about everything from bike lanes to the struggles faced by young professionals in Toronto.

Transit

The NDP and the Liberals have both made investing in urban transit a cornerstone of their platforms. The Liberals are offering $60 billion for infrastructure in major cities over 10 years, while Chow said the NDP would provide $12.9 billion "to the GTA alone" over the next two decades.

"No issue is more important in the riding than transit in terms of sustaining affordability," Vaughan said. "Once you deal with housing costs and add transit to the average household, you've eaten up about 70 per cent of the typical household income."

Vaughan went on the attack over comments made by NDP Leader Tom Mulcair in support of the Scarborough subway and SmartTrack, accusing the party of embracing transit plans before they've received the support of city council.

Chow replied, saying the NDP would not "pick and choose" projects like the other parties and promised transit funding would be based on ridership.

Chow, a "year-round cyclist," said a portion of all infrastructure funds should be reserved for cycling projects.

(In)equality

Vaughan and Chow both agreed that between higher-than-average unemployment and soaring housing prices, young people in Toronto are feeling squeezed.

Chow said the NDP's plan would create 44,000 paid internships across the country and another 54,000 jobs through their infrastructure plan.

In Toronto specifically, she believes boosting the city's tourism industry could provide more jobs for youth.

"We have a beautiful city, let's promote it," she said.

Vaughan said the Liberals are offering young professionals some relief by cutting taxes on those earning between $44,000 and $90,000 a year.

Housing

The candidates sparred over housing, with Chow lambasting the Liberals for making cuts to the national housing strategy in the 1990s while Vaughan touted his record as a city councillor.

"I can point to Alexandra Park, a neighbourhood that was falling apart when I was elected, and I've got 700 units of affordable housing built there," he said. "We spent the money we were generating from private wealth and invested it in public housing. That's the kind of thinking that was done locally and now we need to bring it to the national stage."

Vaughan said more needs to be done to build rental housing and insulate renters from fluctuations in the condo market.

"We talk about affordable housing, but we also need to talk about housing affordability," he said.

Chow said the NDP will spend an additional $2.2 billion on affordable and co-op housing in Canada, with the goal of adding 10,000 new units.

Syria

One of the defining issues of this campaign has been Canada's response to the Syrian refugee crisis.

Chow's entry into politics came during the Vietnamese boat people crisis in 1979 and she said Canada can do more to help Syrians now.

Vaughan agreed, saying the two parties understand the

"urgency" of the situation.

The NDP is pledging to bring 10,000 Syrian refugees to Canada by the end of 2015 and a total of 46,000 over four years. Vaughan said it will be difficult to bring in that many before Christmas, but said his party would settle

Government spending

25,000 over the next year and invest $100 million into the country's refugee system.

Chow believes Toronto should take 10 per cent of the Syrians brought to Canada "at the bare minimum." She also

Once you deal with housing costs and add transit ... you've eaten up about 70 per cent of the typical household income.

ADAM VAUGHAN

supported measures to help members of the local Syrian community looking to sponsor their families.

"We need to reunite these families," she said. "We can worry about the paperwork later."

Vaughan wouldn't put a number on how many refugees Toronto should take in, but said large cities have a major role to play in the crisis.

"The services to settle people are concentrated in major cities like Toronto, Montreal and Vancouver," he said.

During the Syria discussion, Vaughan repeatedly asked Chow if she would run a deficit if it meant helping more refugees.

It was a question that exposed a major difference between the Liberals and the NDP. Along with the Conservatives, the NDP have promised to balance the federal books. The Liberals, however, have left the door open to a deficit if the extra spending is necessary.

Chow responded, saying the NDP's plan to raise the corporate tax rate by two per cent is enough to fund any additional programs.

"Corporations have had a free ride under Liberal and Conservative governments. Now it's time for big corporations to pay their fair share so we can build a Canada we're proud of," she said.

"Every time you run into a problem you can't solve, you raise taxes," Vaughan shot back.

Green city

After transit and housing, both Vaughan and Chow said the environment is top of mind for many voters.

Vaughan touted the Liberals' $60-billion infrastructure plan, a third of which is reserved for green energy initiatives. He also said Toronto needs to prepare for extreme weather events associated with climate change.

"When we have those storms, they wipe out existing infrastructure and that's costly to repair," he said.

Chow advocated for a cap-and-trade system to curb pollution and criticized the Liberals for their support of the Keystone Energy pipeline that would move bitumen from Alberta to the United States.

"That pipeline will ship jobs out of Canada and degrade our environment," she said.

LIZ BEDDALL/METRO

Let's just be friends...

Adam and Olivia show their softer side amid the heated political contest

While they exchanged barbs on the issues, Chow and Vaughan showed a lot of mutual respect for one another — perhaps owing to their shared experience of being councillors in Canada's largest city.

Asked to name something they admire about the other, Chow said she "loves it when Adam is on a bike." Vaughan, meanwhile, relayed an anecdote about Chow cooking dinner for a former political rival.

"Olivia taught me a long time ago ... about what can be accomplished by sitting down with people over food and maybe a couple of beers," he said. "Sitting down and cooking with people, by the end of the conversation, whatever was at dispute, you've forgotten about it."

The love-in didn't last though, as talk quickly turned to the possibility of a Liberal-NDP coalition.

The NDP, including Chow, have been vocal about their willingness to work with the Liberals to defeat Stephen Harper, but Vaughan wouldn't accept the olive branch outright.

"We'll deal with the parliament that Canadians give us, and I can't answer that question until I see how that parliament is composed," he said, eliciting a one-word response from Chow.

"Sigh," she said, releasing a deep breath.

LUKE SIMCOE/METRO

METRO EXPLAINS: Arguably one of the most urban ridings in Canada

THE RIDING: Stretching from the Distillery District to City Place, Spadina-Fort York encompasses much of Toronto's downtown

Young professionals

The median age is 33.2 years old, making Spadina-Fort York the third youngest federal riding in Ontario. It's also home to the fewest children per household (0.6) in the province.

Vertical voters

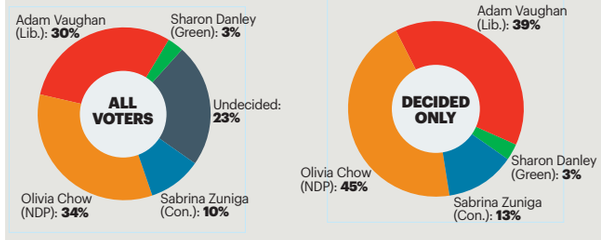
Adam Vaughan likes to refer to Spadina-Fort York as the country's "tallest riding." Approximately half of the riding's polls are standalone condos, each one large enough to count as a single polling station.

"There are more 40-storey buildings in downtown Toronto than the rest of Canada combined, and almost all of them are in the riding," Vaughan said.

History

The newly formed riding includes parts of the old ridings of Trinity-Spadina and Toronto Centre. The Liberals held the Trinity-Spadina seat from 1993 until 2006, when Chow won it for the NDP. Vaughan reclaimed the riding for the Grits in a byelection in 2014. Holding onto the seat will be a difficult task, however, as voters within the boundaries of the re-jigged riding voted 50 per cent for the NDP compared to only 24 per cent for the Liberals during the last federal election.

THE RACE: If the election were held today ...



SOURCE: MAINSTREET/POSTMEDIA POLL

THE FRONT RUNNERS The Liberal and NDP candidates have a storied history

TORSTAR NEWS SERVICE FILE

What you need to know about Vaughan vs. Chow

Prior to entering politics, Vaughan was a television and radio reporter, covering municipal politics for CityTV. His father was a city councillor, and Vaughan followed in his footsteps when he won the Ward 20 seat in 2006 (ironically, after Olivia Chow left to run federally).

Vaughan has an interesting political history with Chow. He won his council seat by beating Helen Kennedy, a Chow staffer whom Olivia had endorsed. Then, in 2014, he trounced another Chow-endorsed candidate, Joe Cressy, to book his ticket to Ottawa.

If he can hold the seat for the Liberals on Oct. 19, he'll have finally beaten Chow herself.

One of the most recognizable faces in Toronto politics, Chow has represented parts of Spadina-Fort York at both the municipal and federal levels.

She stepped down from her seat as an MP to make an unsuccessful bid for the mayoralty in 2014, opening the door for Vaughan to run in a byelection (which he won).

Both as a councillor and a parliamentarian, Chow was an advocate for the homeless, public transit and other urban issues. She was a vocal opponent of the Toronto Island Airport expansion, a stance that could factor into the election — the island is part of the Spadina-Fort York riding. LUKE SIMCOE/METRO

READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'There's an issue for everyone' — even young voters

ROSEMARY WESTWOOD
in Vancouver

For a digital native, Kevin Ehman takes a dim view of social media's ability to change voting behaviours.

Ehman, 31-year-old project manager of a creative agency, is one of the founders of Vic Votes, a non-partisan organization that aims to boost youth voter turnout the old fashioned way, through engaging people in-person, on the street and at events. The effort is based on the belief that a good 15-minute chat can do what a social media campaign cannot.

"There's an issue for everyone," he says. And the goal is to use that issue as a gateway for voting. "What matters to you? What are you pissed off about? Have you looked into what candidate most closely represents your vantage point on this issue?"

This election, Ehman wants to buck the trend and get youth voters out in force to the polls.

In 2011, about a third of electors aged 18 to 24 voted, and only 45 per cent of those aged 25 to 34, according to Elections Canada. Overall voter turnout hovered around 61 per cent.

So far, Vic Votes has hosted an all-candidates forum and they're asking employers to pledge to let their employees vote. They'll also be at Rifflandia this month, Victoria's popular outdoor music festival.

Ehman is a political junkie, a poli-sci major, the product of rousing dinner table debates, and very aware that not everyone sees the connection between their day-to-day life and Parliament Hill. He uses some friends as examples, guys who love to spend time outdoors, and may not connect that with natural-resource policies, or environmental management.

Ehman's no fan of our first-past-the-post system (he said he likes the NDP's plan, in principal, to adopt a mixed-member proportional system). But, he says, the more people who vote, the more democratic it becomes.

"There's enough people out there trying to tell you who to vote for. It's about trying to convey why, and how," he says, and adds, "and then when is also important."

The campaign has a few 22-year-old volunteers that got involved not for partisan loyalties, but via a belief that voting isn't just a privilege — it's a duty. And that offers some hope.

The stakes are higher than just this one election. A 2013 parliamentary report warned that young non-voters don't magically turn into voters as they age, which "may have long-lasting implications for voter participation in Canada."

It won't be easy for Ehman to judge the success of Vic Votes — but he noted that the group was active during Victoria's recent mayoral campaign, which featured an upset win and an increased voter turnout.

"I don't know if we had an impact," he said, "but I like to think we did."

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow: Jerilynn Webster in Vancouver.

VOTER PROFILE

Name: Kevin Ehman **Age:** 31 **Riding:** Victoria
His issues: Voter turnout, electoral reform

Aboriginal youth want into politics

ROCK THE VOTE

Young electorate finding ways to remove barriers and get involved

Shane Gibson
Metro | Winnipeg

Jenna Wirch is a politically active 24-year-old aboriginal woman from Winnipeg who worries she may not be able to vote in the upcoming federal election.

That's because new rules included in the Conservative government's Fair Elections Act — which became law in June 2014 — mean vouching and Voter Information Cards are no longer accepted as a valid form of identification at polling stations.

"Oh yeah, I would vote if I had ID but I don't know if I'm going to be able to," Wirch said while taking a break from using a loudspeaker to rally a crowd of hundreds who marched through downtown Winnipeg on Monday to bring awareness to the dangers facing young aboriginal women.

Jenna Wirch, 24, uses a loudspeaker to rally a group of hundreds of people who took part in a walk to bring attention to dangers facing Aboriginal women in Winnipeg Monday.
SHANE GIBSON/METRO

"I would vote, yes, and just to get Harper out. But there's a lot of barricades in my way."

A study commissioned by Elections Canada in 2011 that asked First Nations people whether they had voted in the last four elections found voter turnout was either statistically equal to or much less than the general population.

The report found First Nation turnout was higher than national average in 2011 (62.3 per cent compared to 61.4 per cent) — a stark change from 2008 when aboriginal turnout trailed the national turnout rate by more than eight percentage points (58.8 per cent compared to 50.1 per cent).

Jackie Traverse, who helped start a Facebook group to encourage aboriginals to vote during Winnipeg's civic election last year, said issues like murdered and missing women and the environment are encouraging more indigenous people to take an interest in politics.

She's using the group, called Indigenous Rock the Vote, to help voters like Wirch navigate the federal election system, and she says it's spawned similar across the country.

"We are awakened now," she said. "We want to be part of this election and have our voices heard."

The barriers facing young aboriginal voters aren't all physical, according to Winnipeg-based community activist Michael Redhead Champagne. The 28-year-old says politicians aren't doing enough to build the political literacy of their electorates, especially ones in the First Nations community.

But at the same time Champagne credits young First Nations people with going out of their way to get involved.

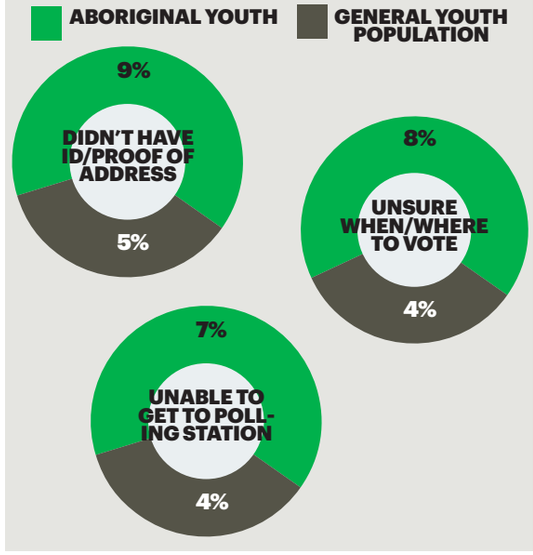
"There's a lot of young people who are doing things that are innovative that I think are removing barriers," he said.

> **We recognize that what happens with our water is related to violence against women, is related to child welfare.**
> Michael Redhead Champagne

BY THE NUMBERS

A question of access

A 2011 Elections Canada study, which found that **only 42 per cent of aboriginals aged 18 to 34 voted in the most recent federal election** (compared to a national average of 74 per cent), shows that when asked to give reasons for not voting, aboriginal youth were about twice as likely as the general youth population to cite lacking proper ID, not knowing where and when to vote and being unable to get to the polling station.



Women demand to be heard

ELECTION 2015

Panel aimed at sparking debate about female issues

Women's issues are being woefully ignored in the federal election campaign, distinguished female leaders said during a panel discussion at the University of Toronto Monday night.

Whether it's sexual harassment, missing and murdered aboriginal women, or employment and pay for women, the election has been largely silent on these issues, panellists told the Up for Debate event.

"We need a broader public debate to really find out what is happening and why," said panellist Katherine Hensel, principal lawyer at Hensel Barristers, referring to the issue of missing and murdered aboriginal women.

"I think the Canadian public has made it clear that it's important enough to spend the resources (on a national inquiry)" Hensel added.

The Up for Debate group is an alliance of 175 women's groups, and their campaign is aimed at sparking conversations on "gender justice and equality" leading up to the Oct. 19 election.

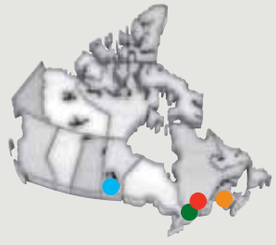
The event, in partnership with the Toronto Star and Le Devoir, was live-streamed in English and French, while Twitter Canada broadcasted the event live on Periscope.

The group asked party leaders to comment on a variety of women's issues. The leaders were previously interviewed and their videotaped responses were discussed during Monday's panel.

Liberal Leader Justin Trudeau, NDP Leader Thomas Mulcair, Green Leader Elizabeth May and Bloc Québécois Leader Gilles Duceppe all agreed to the interviews. Conservative Leader Stephen Harper did not.

Moderator Laura Payton (left) and panelists Alejandra Bravo, Katherine Hensel, Kate Mcinturff and Angela Robertson participated in the Up For Debate event at the Isabel Bader Theatre.
LUCAS OLENIUK/TORSTAR NEWS SERVICES

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Winnipeg.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will be in Moncton, N.B.
- **Elizabeth May** will be in Ottawa.

In their video clips Trudeau and Mulcair each called themselves "feminists."

Trudeau touted his plan to run deficits to pay for "social infrastructure" including new daycare spaces, Mulcair his $15-a-day care plan and pledge to build more shelters, and May promised a national strategy to confront violence against women.

In her video, May caused laughter from the audience when she referred to the House of Commons as a "male-dominated and testosterone-flooded workplace."

This despite the fact "we hit the high water mark of women MPs in the last Parliament with about 25 per cent of women members," May added.

Both May and Trudeau argued that getting rid of first-past-the-post would lead to more favourable representation, while Mulcair promised to introduce a 50 per cent female quota for the boards of directors of federal organizations.

"My party president is a woman, the national director is a woman, our caucus chair is a woman. And if you look at the NDP's front bench in the House of Commons... of the 20 places there, 10 are women, because that's a fundamental value," he said. TORSTAR NEWS SERVICE

REFUGEE CRISIS

T.O. woman fears for relatives

Amal Radha dabs the tears from her eyes as she speaks about her missing family. As the eldest, she helped raise her sisters and her nephews.

"I'm a total wreck now," says the 52-year-old Toronto woman through a translator. "I have no one. We were living in Iraq in a big family with all our loved ones … (now) my whole life is destroyed. I just need to know about my sisters, my nephews."

Her two sisters — Nawal, 42, and Feryal, 39 — and her three nephews — Bashir, 12, Baraa, 10 and Sudad, 7 — left a United Nations refugee camp on the borders of Iraq, Turkey and Syria months ago to make their way to Lebanon, where refugee applications are processed more quickly.

But to get to Lebanon the family had to cross on foot Iraqi territory held by the Islamic State. Radha hasn't heard from them since February. And now she fears the worst — that they have been captured or are dead.

Radha came to Canada in November 2009. She had left her hometown of Baghdad in 2007 after she was kidnapped and assaulted. Her life had also been threatened — someone had left a bullet and a note in her desk drawer at the Ministry of Health saying her life was at risk, she says.

Her husband had been killed while he was helping the U.S. military. Her brother — a barber — had disappeared. She believed he was kidnapped.

She tries to remain upbeat and hopeful but knows the odds are something is wrong.
TORSTAR NEWS SERVICE

ASSISTED DYING

Panel learns from Europeans

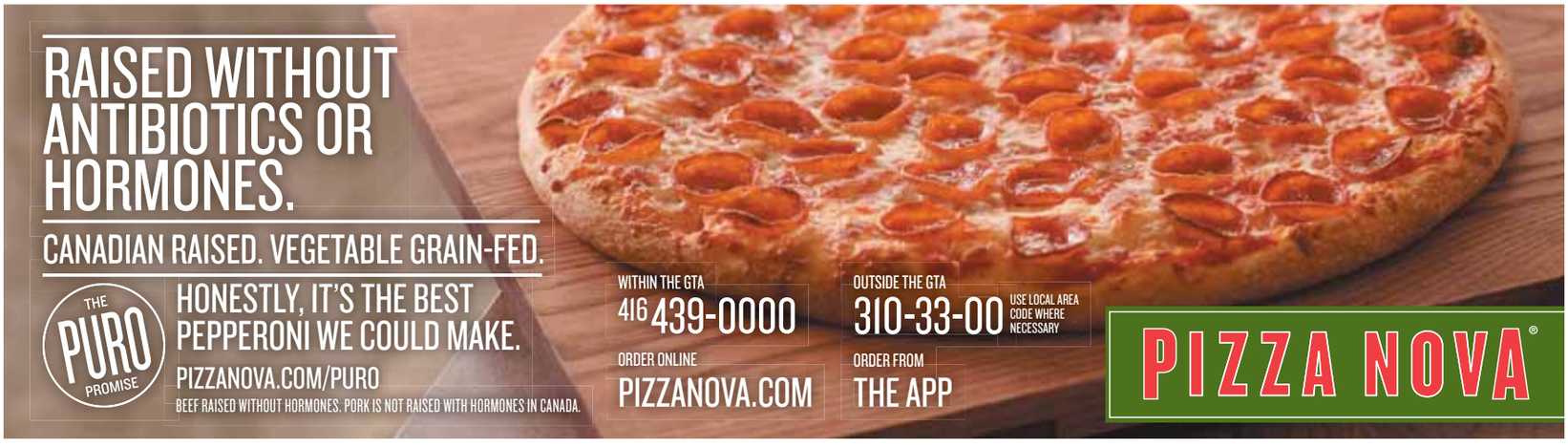
The head of a Canadian panel looking into legislative options to govern doctor-assisted death says a recent fact-finding tour in Europe has opened members' eyes to the many complexities surrounding a practice that's soon to become legal in Canada.

Dr. Harvey Max Chochinov said he and the two other members of the External Panel recently returned from an intensive 11-day study of how physician-aided dying has been implemented in the Netherlands, Belgium and Switzerland, where patients can legally have their deaths hastened.

> **We learned a tremendous amount from experts who have a great deal of experience with end-of-life regimes in their countries.**
> Dr. Harvey Max Chochinov

The panel was appointed to consult experts and the public before providing the government with potential options for crafting new legislation, but their work, for the most part, is on hold until the federal election is decided Oct. 19.

The panel wanted to know how people with abject suffering who seek help in dying are referred to services and whether people can self-refer. THE ASSOCIATED PRESS



CRIME

Crown seeks 20 years for sex trafficker

A British Columbia man found guilty of luring teenage girls into prostitution should spend more than 20 years behind bars, says a Crown lawyer.

Prosecutor Kristin Bryson argued in B.C. Supreme Court on Monday that Reza Moazami should serve back-to-back sentences for each of his 11 victims, who ranged in age from 14 to 19.

In the first human-trafficking conviction in the province, Moazami was convicted last September of 30 of 36 charges laid against him, including sexual exploitation, sexual assault and living off the avails of prostitution.

The court heard during his trial that Moazami recruited vulnerable girls by promising them drugs, alcohol and, in one instance, a puppy.

"Crime must not get cheaper by the dozen," Bryson told the court, quoting an earlier judgment to bolster her case.

Moazami was arrested in 2011 and spent three years and seven months in custody, meaning the Crown's proposed sentence would amount to a further 17 years imprisonment.

One of Moazami's two lawyers began Monday's hearing by asking that Justice Catherine Bruce reconsider her judgment on his client's five convictions of living off the avails of prostitution.

Lawyer Jeremy Fung argued those convictions were no longer constitutional because the Supreme Court of Canada's one-year delay in overturning the country's prostitution laws had expired since Moazami's conviction.

Bruce rejected Fung's argument, saying what mattered was that the laws were constitutional at the time of conviction.

"Mr. Moazami may have an appeal," she said. "But I've convicted him and I'm going to sentence him."

THE CANADIAN PRESS

*New bookings only. Book by 11:59 pm Eastern Time September 30, 2015. Travel by December 13, 2015. Up to 21-day advance purchase may be required. Prices are based on one-way fares. Discount is not applicable on itineraries that include a partner airline flight segment. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Full fare breakdown available for all itineraries on flyporter.com. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $35 first-checked bag and $45 second-checked bag fee, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

The NDP plans to spend $5 billion a year for a million existing and new spaces that cost parents no more than $15 a day. THOMAS LOHNES/GETTY IMAGES FILE

Doubt over universal child care

ELECTION 2015

Kids in Quebec system worse in health, crime and joy: Study

Newly released research on Quebec's low-cost child-care system suggests children who go through it may do well academically but have worse outcomes when it comes to health, life satisfaction and crime rates.

In a paper released Monday, a group of university researchers say children exposed to the province's child-care system were more likely to have higher crime rates, worse health and lower levels of life satisfaction as they aged than their counterparts in other provinces who didn't have access to the same type of system.

The new research is likely to throw a political wrench into the federal election, in which the New Democrats have made bringing Quebec-style child care to the rest of the country a key plank in their platform.

The party's plan is to spend $5 billion a year after an eight-year phase-in to pay for a million existing and new child-care spaces that cost parents no more than $15 a day.

The working paper, however, questions whether such a universal system — accessible at all income levels — can deliver on that promise of quality.

The effects were most acutely seen in boys. Boys were more likely to have higher levels of hyperactivity and aggression, the researchers wrote, while girls showed declines in prosocial behaviour, which captures many altruistic activities like donating and volunteering.

A spokeswoman for Quebec Family Minister Francine Charbonneau says the government will look into the study before commenting further.

THE CANADIAN PRESS

BENEFITS

The Quebec system is the largest program of its kind in North America. The province spends about $2.2 billion a year to support the system, which costs parents up to $20 a day.

There has been no question about its financial benefits in the short-term. Research from has shown the program helped grow the provincial economy, increased women's workforce participation and employment rates and boosted income tax and consumption tax revenues. Studies suggest the government recoups between $1.50 and $3 for every dollar invested in child care in Quebec.

Iran probe meets UN standard

NUCLEAR WEAPONS

Samples were collected by nationals as a compromise

The chief of the UN nuclear agency acknowledged Monday that samples used to determine whether Iran tried to develop a nuclear weapon were collected by the Iranians instead of agency experts, but insisted the probe stands up to strict agency standards.

Such sampling of soil, air or dust from equipment is usually done by the International Atomic Energy Agency's own experts. But IAEA chief Yukiya Amano confirmed that Iranians carried out that part of the probe at Parchin, where the agency suspects that explosive triggers for nuclear weapons might have been tested in the past.

Diplomats say Iran insisted on the compromise as a condition for any probe of Parchin.

Deputy IAEA Director General Tero Varjoranta said that there have been more than 40 instances of letting a country being inspected use its own nationals to do the sampling and that the process is only a small part of a rigid regimen established by the agency to make sure there is no cheating.

He said the criteria at Parchin included: invasive monitoring by video and still cameras while the sampling took place; GPS tracking of the sampling process; IAEA agreement on where the samples were to be taken; review by unspecified peers of the inspection process; risk assessment and strict observance to make sure that procedures were followed step by step.

"We feel fully confident that the process and the result so far are fully in line with our safeguard practices," he said, standing next to Amano at a Vienna news conference.

Former IAEA deputy director general Olli Heinonen has described Iran as a particularly sensitive case however, saying he knows of no other case where a country under investigation for possibly trying to make nuclear weapons was permitted to use its own personnel to collect environmental samples as part of the investigation.

The Iran arrangement was first revealed in a confidential draft agreement between the sides seen last month by The Associated Press.

Iran's atomic energy agency spokesman, Behrouz Kalmandi, said IAEA experts were not physically present during the sampling.

But Amano said the procedure meets strict agency criteria that ensure "the integrity of the sampling process and the authenticity of the samples."

THE ASSOCIATED PRESS

Director General of the International Atomic Energy Agency (IAEA), Yukiya Amano, listens to head of Iran's Atomic Energy Organization Ali Akbar Salehi during their meeting in Tehran, Iran, Sunday. VAHID SALEMI/THE ASSOCIATED PRESS

> **We feel fully confident that the process and the result so far are fully in line with our safeguard practices.**
> Tero Varjoranta

YOM KIPPUR

Muslims banned from Israel holy site

Israel says it will reinstate a rule banning Muslim men under age 40 from a mosque at Jerusalem's most sensitive holy site as a measure to ensure calm during an upcoming Jewish holiday.

The hilltop compound known to Jews as the Temple Mount and known to Muslims as the Noble Sanctuary has been a flashpoint for violence in recent days.

Police said security will be beefed up and Muslim men under age 40 will be banned from the compound's Al-Aqsa mosque for the 25-hour Yom Kippur fast starting at sundown Tuesday.

It coincides with the Muslim Eid al-Adha holiday, also known as the Festival of Sacrifice.

The ban has been put in place intermittently after protests where mostly younger Palestinians throwing rocks clashed with police at the compound and elsewhere.

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Aussies keeping the Queen

COMMONWEALTH

Republic will have to wait, new PM says

Australia's new Prime Minister Malcolm Turnbull indicated on Monday that he is in no hurry to sever the nation's constitutional links to Britain by appointing an Australian president as head of state.

Turnbull led the Australian Republican Movement when the advocacy group failed at a 1999 referendum to convince Australians to replace Queen Elizabeth II as head of state.

But six days after becoming prime minister, Turnbull said he had no plans to revisit the constitutional issue.

"While I am a republican, I have to say to you that there are much more immediate issues facing me and the government than the republic, and the key ones all relate to economic growth," Turnbull told Nine Network television.

Gov. Gen. Peter Gosgrove, the British monarch's representative in Australia, swore in Turnbull's 21-member Cabinet later on Monday.

His team is younger and has more women than the 19-member cabinet of his predecessor, Tony Abbott.

"Today we are forming a government for the 21st century, a ministry whose composition and focus reflect our determination to ensure that Australia seizes the opportunities of these, the most exciting times in human history," Turnbull said at the ceremony.

> **There are much more immediate issues facing me and the government.**
> PM Malcolm Turnbull

Abbott was defeated in a surprise leadership ballot of Liberal Party lawmakers last week after he battled poor opinion polling during most of his centre-right government's two years in power.

Opinion polls suggest that most Australians believe that they should have an Australian head of state.

THE ASSOCIATED PRESS

Australian Prime Minister Malcolm Turnbull announces his cabinet to Gov. Gen. Peter Cosgrove during the swearing-in ceremony of his government at Government House, Monday, in Canberra. STEFAN POSTLES/POOL/THE ASSOCIATED PRESS

BRITAIN

Book on Cameron makes wild claims

Many people have student antics they'd rather forget.

On Monday, British Prime Minister David Cameron's university days at Oxford were in the news — and causing national bemusement — thanks to a new book by a former Conservative Party treasurer.

Michael Ashcroft, a wealthy businessman who donated millions to the party before falling out with Cameron, has co-written Call Me Dave, an unauthorized biography that includes allegations of undergraduate drug-taking and juvenile sexual escapades.

Extracts published Monday in the Daily Mail newspaper claim Cameron smoked marijuana with friends — often while listening to 1970s rock group Supertramp. The book also quotes an unnamed college contemporary as saying Cameron once inserted "a private part of his anatomy" into the mouth of a dead pig during an initiation ritual for a student club.

Downing Street said Cameron wouldn't "dignify" the claims with a response, and they are likely to prove more embarrassing than harmful. Satirical responses flourished on social media under the hashtags #piggate and #hameron.

Cameron, 48, has often sought to play down his privileged upbringing. He attended Eton College, the country's most famous private school, and Oxford, where he was a member of the Bullingdon Club, a raucous drinking-and-dining society with a reputation for drunken vandalism.

Downing Street portrayed the book as political revenge by an aggrieved former colleague.

Ashcroft, who co-authored the book with journalist Isabel Oakeshott, wrote that he had a "beef" with Cameron because he wasn't offered a senior government job as promised after the Conservatives were elected in 2010.

His most potentially damaging allegation is a claim that Cameron knew in 2009 that Belize-based Ashcroft was registered as "non-domiciled" in Britain and didn't pay U.K. tax on his foreign earnings.

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Clockmaker splits critics

ARREST

Atheist writer Dawkins under fire for views on Twitter

Atheist author Richard Dawkins has drawn criticism on social media after he questioned whether 14-year-old Texas student Ahmed Mohamed may have "wanted the police to arrest him" by bringing a clock to school last week.

"Did he deliberately want to be suspected of making a bomb? Did he want to be arrested, to be seen as a victim of 'Islamophobia'?" Dawkins wrote on Twitter on Sunday.

"If so, Texas police played right into his hands and most of us (including me) fell for it."

Mohamed was arrested after a homemade, digital clock he brought to class to impress his teacher last week was mistaken for a bomb.

His arrest drew accusations of Islamophobia, and spawned a hashtag, #IStandWithAhmed, in solidarity with the ninth-grader. U.S. President Barack invited Mohamed to bring the clock to the White House and Canadian astronaut Chris Hadfield invited him to attend his science show in Toronto at the end of October.

Ahmed Mohamed, 14, at his family's home in Irving, Tex.. THE ASSOCIATED PRESS

But that didn't stop Dawkins from sharing YouTube videos and blog posts that accused Mohamed of being a "fraud" for not actually inventing the clock he brought to school, but reassembling one instead.

"Right. That's a clock, and I'm the Queen of England."
Sarah Palin

Dawkins is a British writer and scientist who wrote the best-selling book The God Delusion, and promotes scientific knowledge and "a secular world view" through his foundation. He regularly speaks out against religion, but has been accused in recent years of singling out Islam for criticism.

People quickly responded angrily to Dawkins' comments, accusing him of missing the point of what happened to Mohamed and of being skeptical of the teen's motives simply because he is Muslim.

"Funny how you all search for the so called facts and hidden agendas ONLY when its (sic) about Muslims," one Twitter user said. "This is the saddest thing I've seen you write, and I have bought almost every book you've written. Come on," said another.

"Software is made from bought components. Legos are bought components. The kids who assemble them are still engineers," another user commented.

The story has been picked up by right-wing commentators in the U.S., including Sarah Palin, who wrote on Facebook: "Right. That's a clock, and I'm the Queen of England."

TORSTAR NEWS SERVICE

UNITED STATES

Figures for trash revised

Americans are sending more than twice as much trash to landfills as the federal government has estimated, according to a new study.

It turns out that on average, Americans toss 2.3 kilograms of trash per person per day into landfills, according to an analysis of figures from the same study, which is based on actual landfill measurements instead of government estimates.

For years, the U.S. Environmental Protection Agency relied on estimates to determine how much trash was being sent to landfills. But in 2010, the agency required most municipal landfills to measure and report how much trash was heading into the dumps, as part of an effort to lower heat-trapping methane emissions. Researchers at Yale University looked at the records for more than 1,200 landfills and calculated amounts, predominantly based on weights.

Three outside experts said they trust the Yale numbers.

THE ASSOCIATED PRESS

Croatia aims to help influx of thousands

metro The Syrian Crisis
The barriers

Croatia set up a migrant reception centre in the eastern village of Opatovac on Monday, in hopes of injecting order into the unrelenting chaos that has gripped the tiny Balkan country overwhelmed by thousands seeking sanctuary in Europe.

About 27,000 people fleeing conflict and poverty in the Middle East, Africa and Asia have entered this nation of 4.2 million since Hungary shut its border with Serbia on Sept. 15. That closure stymied many migrants, who found their way blocked as governments bickered over who should take responsibility for them.

Stung by criticism that his country had done little to help, Croatian Interior Minister Ranko Ostojic visited the camp and boarded a bus full of asylum-seekers. In a rather folksy tone, he introduced himself by his first name and told the group they had nothing to fear. "You will be here for short time in the camp to take refreshments, foods, what you need and then you will be transported to Europe. Please follow instructions of the police. Everything will be OK. Thank you."

At the new migrant centre, police erected a metal fence, dividing the migrants from the media. Exhausted asylum-seekers hung their washing on a fence as they recovered from many days spent walking from border to border, hoping to go to Germany or Scandinavia.

"You will be here for short time."
Ranko Ostojic

The new centre is expected to register the asylum-seekers and then arrange for transport onward. But some were worried, even though they've been promised they will eventually be sent to Hungary or Slovenia.

Croatia's move is only a small reflection of the intense pressure countries in south-eastern Europe have felt as the influx continues.

THE ASSOCIATED PRESS

LEBANON

Ads warn migrants against illegal entry

The Hungarian government posted ads in Lebanese and Jordanian newspapers on Monday warning migrants not to enter Hungary illegally, saying it is a crime punishable by imprisonment.

In a full-page advertisement in several newspapers, including Lebanon's leading An-Nahar and Jordan's Al-Rai, the government said "the strongest possible action is taken" against people who attempt to enter Hungary illegally.

"Do not listen to the people smugglers. Hungary will not allow illegal immigrants to cross its territory," the advertisement reads in English and Arabic.

Lebanon has nearly 1.2 million Syrian refugees and Jordan about 630,000, some of whom have expressed interest in migrating to Europe because of dwindling aid and work opportunities.

THE ASSOCIATED PRESS

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Credit card fees:
Damage: Varies

Some carriers charge you for using your credit card. Australian budget airline Jetstar, for instance, charges about $10 unless you use its Jetstar card.

How to drop it: If you fly frequently enough with an airline, sign up for its credit card.

Offline reservation fee:
Damage: $10 to $25

Many airlines charge fees for booking tickets offline. British Airways charges $25 if you book over the phone.

How to drop it: Book your tickets online. Or, pick an airline that skips this fee. Air Canada does not charge for phone booking for calls made within North America.

Passengers head for their flight gates at Toronto's Pearson airport. THE CANADIAN PRESS FILE

Fee for using miles:
Damage: About $75

Some charge for usage of miles if the booking is not done sufficiently in advance.

How to drop it: Read the fine print, and book with an airline that does not have such constraints, such as JetBlue and Southwest airlines.

Boarding pass reissue:
Damage: $30

If you lose your boarding pass, be prepared to pay for that slip of paper with some airlines. Ryanair charges the equivalent of $30 for reissuing boarding passes.

How to drop it: Pay online. Ryanair doesn't charge for reissuing boarding passes for tickets bought online.

Change-date fee:
Damage: Possibly more than the price of your ticket

You don't just pay the change-date fee, you also pay the price difference between the two flights.

How to drop it: If your date is a bit unsure, opt for an unrestricted ticket, though those can cost up to twice what you would normally pay. Also, check your airline's change policies. Continental, for example, offers a 24-hour period during which you can change your flight without penalty.

TORSTAR NEWS SERVICE

MALWARE

Security breach puts iPhones, iPads at risk

Apple announced a rare security breach over the weekend that means some Canadians may have unwittingly infected their iPhones and iPads with malware that could expose their iCloud passwords and other personal data.

Apple Inc. has removed some applications from its app store after developers in China were tricked into using software tools that added malicious code to their work.

Many of the affected apps were only available on the App Store in China, yet some that were reportedly infected by the malware — including WeChat, business card rolodex CamCard and file extractor WinZip — are available in Canada.

The malicious code spread through a counterfeit version of Apple's Xcode tools used to create apps for its iPhones and iPads, according to the company.

The malicious software collects information from infected devices and uploads it to outside servers, according to Palo Alto Networks, a U.S.-based security firm. The company said the breach could result in fake password prompts aimed at harvesting iCloud details or other logins. It was first publicized last week by security researchers at Alibaba Group, the Asian e-commerce giant, who dubbed it XcodeGhost.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS

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Fuel For The Body

Former NHL player and high performance trainer Gary Roberts returned to the game stronger than ever, powered by an organic food diet.

Mediaplanet What is it about an organic and whole foods diet that you believe is crucial to your success and the success of your clients?

Gary Roberts I believe it is the cleanest and most efficient fuel we can put in our bodies. For athletes, what they eat and when they eat it is critical to maximizing the benefits of their training and helping their bodies recover effectively. When it comes to nutrition, our goal is to educate our clients about the benefits of eating a clean healthy diet for long-term success.

MP Could you outline some of the benefits you've experienced from an organic diet?

GR The most important benefits of eating organic are being able to maximize nutrients and minimize exposure to chemicals, toxins and artificial ingredients. As an asthma sufferer, eating organic foods has significantly improved my respiratory condition and helped to reduce inflammation in my body. Buying organic whole foods and preparing meals at home gives us the control we need as consumers, to ensure that our food is clean and contains the nutrients we all need to live a healthy life.

MP Given the fact that not everyone is in high-performance training mode, what key principles of your diet regimen can anyone incorporate into their daily lives?

GR I would say the most important thing is eating a whole foods organic diet, ideally prepared at home. This can eliminate the confusion with long ingredients lists found in processed foods, drastically reduce the amount of chemicals and toxins you put into your body, and decrease your overall inflammation. ■

Read more from Gary Roberts at canadianfoodinfo.ca

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CHALLENGES

The Benefits of Going Organic

Next time you're out shopping, be sure to take a look at what's on display. Chances are you'll find more organic food options available now than compared to a few years ago. This is because more and more Canadians are choosing organic and chances are, your local health food store is expanding with new products on their shelves to meet this demand. But what exactly does it mean to 'go organic'?

Let's begin with what organic isn't. Conventional farming practices rely on synthetic pesticides, herbicides, and fertilizers to produce a large mass of crops at the expense of exposing farmworkers, consumers, the soil, air, and water to harmful chemicals. Alternatively, you can easily determine whether a product is free from chemicals, genetically modified organisms (GMOs), hormones or antibiotics by simply checking for the Canada Organic logo on the packaging. This guarantees that the organic integrity of the product has been protected every step of the way as it travelled from the farm to your dinner table.

Helen Long
President,
Canada Health Food Association

"When you choose organic products, you are not only investing in your health, but you are also supporting sustainable, environmentally friendly practices and animal welfare," says Helen Long, President of the Canadian Health Food Association (CHFA).

"In Canada, organic food must meet all food regulations, as well as additional organic standards and inspections," Long adds. "Having these rules in place makes 'organic' a trustworthy brand that allows Canadians to shop with confidence."

This year, the Canadian Health Food Association, the Canadian Organic Trade Association, and Canadian Organic Growers are teaming up to bring 'Organic Week' across the nation. In celebration of organic food, farming, and products, this year's annual 'Organic Week' will run from September 19th to 27th. This nationwide event aims to educate Canadians about the organic food industry and is filled with activities, such as pickling workshops, farm tours and tastings, among hundreds of other festivities open to the public.

"Canadians are increasingly making the effort to choose local organic produce to help protect our environment, our bodies, and support local farmers," says CHFA's in-house holistic nutritionist Michelle W. Book. "What better time than fall to enjoy and appreciate the bounty of our land and celebrate organic food production and consumption?" ■

Try for yourself!
Organic Freeze Apple Cinnamon Fudge recipe at **canadianfoodinfo.ca**

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The Canadian Health Food Association (CHFA) is a proud partner of Organic Week, helping to raise awareness and educate Canadians on the benefits of organics and the *Organic Products Regulations*.

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INSPIRATION

In the Kitchen with Anna Olson

Using the freshest ingredients, celebrity chef Anna Olson shares tips on getting the most out of your baking this fall.

Mediaplanet What should you look for when buying fruit?

Anna Olson When buying fruit, consider how you will be consuming it. If you are making smoothies or perhaps a batch of jam then buy super-ripe fruit that is ready to be used within a day. If you are doing your shopping just once or twice a week then buy fruits that store well — apples, pears, grapes. Also, look to see what is in peak season and grown as close to you as possible — you'll get maximum nutrient content and the best flavour possible.

MP Why is cooking with fresh fruit important?

AO Cooking with fruits that are in their peak season is key to the best flavour and results. When you make an apple pie with fresh, local apples, then the effort is rewarded. I also find that the treat is more fulfilling, and a little slice is satisfying. I'm fine with baking using frozen fruits, since ultimately they were frozen just after picking — but I read my labels and try to buy frozen fruits that are Canadian grown.

MP Do you have any tips for busy families who are looking to simply enjoy fresh and healthy food?

AO Planning weekday lunches for both parents and kids can be a real issue, and even more so now with the additional mandate of boomerang lunches (leaving no packaging or waste at school). I'm not a dietician, but I do observe that barriers to eating a truly healthy diet exist in the form of hidden salts and sugars found in processed foods that we incorrectly assume are good for us. As busy as we are (and tired at the end of a long day), if we take that extra 10 minutes to make our own fruited yogurt, or a salad that we (or the kids) assemble later, then we set ourselves up for success.

MP What are your favourite fruits to prepare?

AO My favourite fruits tend to be what's in season, and I'll eat them daily to the point that I'm almost sick of them, so that I don't crave them until next year! Strawberries are a perfect example. I eat strawberries from June through August, but I'll be so "over them" by the end of the summer when they go out of season. And then by the time I'm sick of strawberries, it's apple season! ■

Photos: Food Network

Find Anna's Apple Pie recipe at **canadianfoodinfo.ca**

Anna Olson bakes with locally sourced, peak season fruits to "wow" her guests.

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INSIGHT

The Dirt on Organics

Julia Dupuis
Organic Agriculture Program Coordinator,
Canadian Organic Growers

Pesticides have diverse environmental impacts, potentially affecting soil health, compromising air and water quality, pollinators and other wildlife. Such compounds contain toxic chemicals which can leach into soil and water, having long-term effects on ecosystems and can even be present in the air we breathe. Pesticides can harm non-targeted organisms including plants, animals and the environment. While some pesticides have short half-lives, and others can be washed off, most penetrate the skin of a fruit or vegetable in low doses and get to the insides, making it impossible not to be exposed once we eat the treated product.

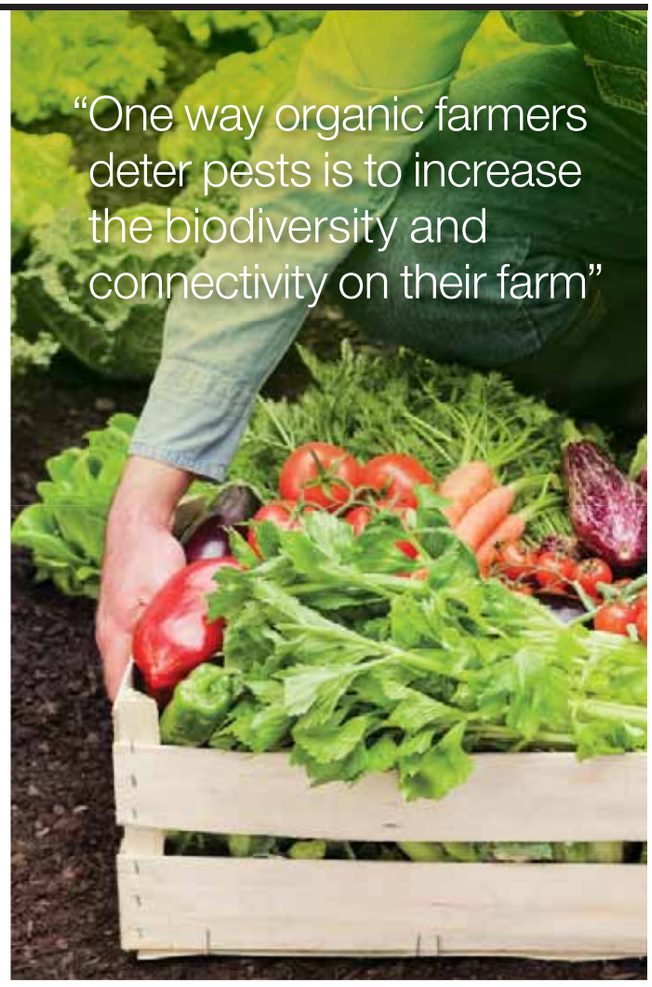
Organic farming is designed to work with the environment. Crop rotation and the use of green manure crops and compost help to rebuild soil and replenish the nutrients that crop production takes out of the soil. The foundation of our food and 95 percent of what we eat comes from the soil. Organic farmers rely on healthy and productive soil and ecosystems. Organic farmers also manage their land around water systems very carefully. Their farms are inspected annually to not only ensure they are following organic standards, but that their farm has no impact on the surrounding land.

Promoting biodiversity and sustainability

One way that organic farmers deter pests is by increasing the biodiversity and connectivity on their farm. Increasing the biodiversity and increasing the number of species that are present, particularly flowering species, creates an ideal habitat for predacious insects and pollinators. Connectivity of the farm to the surrounding wild, lands or other vegetative corridors increases overall wildlife habitat.

Some farms release beneficial insects and practice companion planting as a means of pest management. Beneficial insects will feast on insects that are harmful to crops. Ground beetles, for example, enjoy slugs, cutworms, and cabbage maggots. Companion planting involves using other crops, such as herbs, to deter pests. Peppermint, for example will keep ants away while sage will repel cabbage moths. These methods keep pests under control while promoting biodiversity around the farm.

There are different labels associated with organic production. The Canadian Organic logo is the only one that ensures a product is certified to Canada's strict organic standards. There are many other logos associated with food and organic products that appear on labels. Some of these include non-GMO, natural, grain-fed, pasture-raised, free-range, raised without antibiotics, and cruelty free. While each of these claims has its own meaning, certified organic encompasses them all. ■



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Philanthropy & Community

INDUSTRYANDBUSINESS.CA

Jim Creeggan, bassist of the Barenaked Ladies, shares what inspired him to give back.

The Barenaked Ladies (from left to right): **Tyler Stewart, Ed Robertson, Kevin Hearn, Jim Creeggan.**
See them on their cross-Canada tour, following the release of their new album *SILVERBALL*, October 19th - November 21st.

Mediaplanet What inspired you to contribute to a local Toronto community?

Jim Creeggan My mother was a driving force in my community when I was young. She started a recycling depot at the old General Electric building by Port Union and Lawrence. We used to spend Saturday afternoons smashing bottles in a dumpster for her. Knowing that we were starving landfill sites made the smashing twice as satisfying. Back then recycling was a new word and curbside pick up was just a twinkle in my mom's eye. She also started a community choir (The West Hill Singers). Even though the Wednesday night practices used to drive me crazy; the smell of coffee and adults laughing all the time...I was still proud of my mom. She was making our neighborhood a fun place to grow up, and now I'm compelled to do the same thing for my kids.

MP Why is investing in kids important?

JC I can still remember the teachers that gave me a chance to try something new. Whether it was challenging me to play the 'Brandenburg Concerto' or putting the high jump bar a little higher for the next try, the support they gave me stays with me to this day. At my local school I facilitated an 'Open Mic' at every gathering (pancake breakfasts, BBQ's etc.). In the beginning the kids were very nervous to perform, however after the third year of singing and playing they were owning the stage like seasoned pros! It was clear that for the rest of their lives, these kids would not be afraid of public speaking or performance. The little effort it took to post a sign-up sheet and set up a few mics empowered their lives forever. Every little bit counts. Big time.

MP What has been one of your most memorable experiences in charity work?

JC We decided to create and perform a play at my local school. It was a difficult year because we had lost a student to cancer. I think coming together to make art was the only way we knew how to deal with the loss. With the support of the parents we wrote a musical based on a poem by the student. Kids, teachers and parents collaborated together to write the story, the songs and the dances. It centered around a girl who was nervous about going to the local bakery at lunch hour. It had rapping, crossing guards, dancing pedestrians, artsy parents, transformative Portuguese tarts and more. There were many laughs and not a dry eye in the house. Ultimately by coming together and reflecting on our collective experience, we became a stronger community.

MP What would you suggest to someone looking to make a positive difference?

JC In our community parks and schools there is always room for help. Often local park groups have a website that let's you know how to participate. Visiting your local school principal is the best way to find ways of contributing at schools.

MP What drives your passion in philanthropy?

JC It really is an honour to be able to help someone or a community. I am grateful for everyone who helped me find my way, and in turn I've been inspired to help others in a similar way. However, I think that we should continue to strengthen and support our schools. Ultimately our kids should be given what they need to learn and grow in class. After that, if a volunteer can help out a little, it's just makes everything a little brighter! ■

Making a Difference Across the Country

Every day, Canadians are impacted by the work of the 170,000 non-profits and charities that exist in this country, although often we don't stop to think about just how much these organizations contribute to our lives. The fact is, Canada's non-profit sector has an astounding reach. According to research from Imagine Canada, the non-profit and charitable sector employs 8.1 million Canadians and contributes an average of 8.1 percent of GDP, which is more than the retail trade industry and close to that of oil, mining and gas extraction.

Of course, none of this would be possible without the people who are the life blood of the sector — donors and volunteers. According to Statistics Canada's 2013 *General Social Survey — Giving, Volunteering and Participating (GSS GVP)*, released in January of this year, 82 percent of Canadians donated to a charitable or non-profit organization in 2013, while 44 percent volunteered their time. The *GSS GVP* provides even more proof of the generosity of Canadians:

> "Alone we can do so little; together we can do so much."

The average annual amount per donor in 2013 was $531. Overall, Canadians gave $12.8 billion to charitable or non-profit organizations in 2013.

Canadians contributed almost 2 billion volunteer hours, the equivalent of 1 million full-time jobs — and spent an annual average of 154 hours volunteering.

While this generosity is worthy of celebration, the *GSS GVP* did highlight some troubling trends. As we noted in an article about the report, the demographic trends are a cause for concern: "In 2013, Canadians aged 55 and older accounted for 34 percent of the total giving population aged 15 and older. However, this group contributed 39 percent of all volunteer hours and 47 percent of all donated dollars."

Still, there is hope for the future, and that hope is squarely placed on Millennials. The *GSS GVP* found that 66 percent of young people between the ages of 15 and 19 had experience with volunteering and the *2013 Millennial Impact Report (US)* found that 73 percent of those surveyed had volunteered their time for a non-profit in 2012 and 83 percent had made a financial gift. These figures show a remarkable opportunity for non-profit and charitable organizations to engage young Canadians.

And so, we'd like to offer our deepest gratitude to all of the volunteers, donors and employees who do so much every day to make our country a better place. In the words of Helen Keller, "Alone we can do so little; together we can do so much." ■

By Charity Village

INSIGHT

David Allen
Executive Director,
Volunteer Toronto

Creating Meaningful Change Within Our Community

What motivates you to give-back? All across Canada, people are actively building up their communities by giving their resources, time and energy to support local initiatives.

Many want to demonstrate their gratitude for the quality of life they enjoy by helping those less fortunate. They are driven to make a positive change, address a specific need or just want to be reminded of the good that stills exists on the planet.

Canada is a very generous country. According to the TD Bank, almost half of Canadians aged 15 or over volunteered in 2010, giving the equivalent of $51.1 billion in unpaid hours or about 3.1 percent of the gross domestic product. Whatever we contribute, we all benefit from the better society it creates.

The Institute for Volunteering Research in the UK, believes volunteering can help dispel prejudices and create acceptance of diversity, which in turn builds a community's resiliency and ability to grow. It also builds the trust necessary for people to organize and act collectively, creating a stronger sense of community and a safer place where neighbours watch out and are concerned for one another.

Think about the change you want to see and move to make it happen. Start by getting active in your community and be amazed by the difference you make. Change is possible. To quote Dr. Seuss: "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." ■

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INSPIRATION

How Playing Together Can Build A Stronger Toronto

Toronto is one of the world's most livable cities but some Torontonians report a diminished sense of belonging.

This is the most multi-cultural city in the world with 51 percent of Torontonians born outside of Canada. "We know that diversity is part of Toronto's strength but we also know that it needs to be nurtured," says Rahul Bhardwaj, President and CEO of the Toronto Foundation. "People need to feel connected to their communities."

Insights like this come out of the annual Toronto Vital Signs Report, published every year by Toronto Foundation. The Report provides a snapshot on the quality of life in Toronto.

A diminished sense of belonging

"Toronto has been recognized around the world for its high quality of life," says Bhardwaj, "and that's great but we want people to have their eyes wide open when it comes to issues that are threatening our city."

One of the findings that Bhardwaj and his team point to in this year's Report is a diminished sense of belonging amongst residents, especially millennials.

"It's very difficult to start a conversation about what issues threaten a city in a neighbourhood where people are isolated from each other," says Calvin Kangara, Coordinator of Resident Leadership, East Scarborough Storefront. Kangara has worked tirelessly to build communities in both the GTA and his native Nairobi and has worked with Toronto Foundation on an initiative called 'Playing for Keeps' that has now connected more than 30,000 residents in neighbourhoods across the city using the power of play.

"An engaged community, a community where people are involved, is a community that has a great foundation upon which that conversation can take place," adds Kangara.

Creating pathways to becoming stronger Torontonians

Sport and play can be catalysts in closing the gap between isolated residents. When this happens, social capital is created — the relationships between people that build support systems and bring out the best in everyone.

"When people feel like they belong they feel more ownership, they feel more opportunity, they feel better supported and healthier."

"Playing together is a great way to get people to break the ice and start talking to each other," says Kangara. "It's very natural for people playing together to engage with each other and it doesn't take that much time, space or even money to organize."

"There's a moment when you're playing for a team or involved in a group activity that you feel a strong sense of belonging," says Bhardwaj. "It's those moments that forge strong bonds between people and if you do it on a grand enough scale then you're creating pathways to becoming stronger Torontonians and better Canadians."

"There's something about playing together that makes you set aside your judgments," says Robyn Connelly, Director of Community Relations at Toronto Pearson and one of more than 30 organizations across different sectors that form the 'Playing for Keeps' partnership. "Playing together builds a different level of trust and belonging", Connelly adds.

Creating a model city

"People want to talk to each other and feel connected," says Kangara. "Sometimes the only thing stopping them is that the appropriate opportunity hasn't yet been provided."

"When people feel like they belong they feel more ownership, they feel more opportunity, they feel better supported and healthier," says Connelly. Strong partnerships like those behind 'Playing For Keeps' help mirror what we need to see in our communities.

"We've got something special going on in Toronto," says Bhardwaj. "In many ways, the world needs Toronto to succeed because we are getting a lot of things right that other cities are struggling with. But we are not perfect and we have a long way to go. We need to be deliberate about creating a model city." ■

By Bronwen Keyes-Bevan

Learn how Playing for Keeps builds healthier, more active, and better connected communities.

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INSPIRATION

A Wish Come True:
Brave Braydy's Battle with Leukemia

Creating meaningful change to society can sometimes pose as a challenge, not knowing where to contribute your time or dollars, or knowing their impact. However, there are certain organizations that bring joy to the lives of children with life-threatening illnesses.

When Braydy Abbott was just 24 hours old, she was taken to the neonatal intensive care unit to be treated for pneumonia. Soon after, it was discovered that Braydy was profoundly deaf and, at just 13 months old, Braydy underwent a bilateral cochlear implantation. Both her family and doctors were extremely pleased with her progress and yet, as Braydy grew, she was plagued by persistent and seemingly unrelated ailments.

Braydy was just four years old when a bone marrow biopsy finally revealed the cause of her myriad ailments and profound deafness. She was diagnosed with Emberger Syndrome, a rare genetic disorder associated with a greatly increased risk of acute myeloid leukemia. The only cure would be a successful bone marrow transplant.

The reality of the struggle

"It's definitely taken its toll on my husband and me," says Braydy's mother, Danielle Abbott. "We've had to put on a strong face every day."

The search for a matching bone marrow donor was long and arduous but eventually paid off and, after numerous rounds of chemotherapy and enforced periods of intense isolation both in hospital and at home, Braydy underwent the bone marrow transplant. The recovery process was grueling.

"When your days are dark, it's hard to get out of bed," says Danielle. "It's hard to find something to look forward to when you're faced with tragedy like that." Remaining strong and optimistic for their girls kept Danielle and her husband, Jamie, going but adequate support was vital.

Children with life-threatening illnesses and their families require multi-faceted support, whether that be from expert healthcare providers at hospitals such as SickKids or from friends and loved ones who bolster a family during their time of need. Crucial support also comes from charitable organizations that assist, educate and advocate for sick children and their families.

Supporting children and families

"People don't realize how important these organizations are. The blood and donor services saved Braydy's life," says Danielle. "So many children depend on them to stay alive. If it wasn't for them, Braydy wouldn't be with us today."

Another organization that has worked closely with Braydy is The Children's Wish Foundation of Canada which helps by granting the heartfelt wish of a child with a life-threatening illness. Braydy has long dreamt of visiting Hawaii and going hula dancing with her entire family, and the Children's Wish Foundation is working tirelessly to make that wish come true.

Braydy Abbott Has long dreamt of visiting Hawaii and going hula dancing with her entire family. Photo: Danielle Abott

"When you're in a heart-breaking situation, it's just nice to have something positive to look forward to," says Danielle. "And for some families, these will be among the last memories they make with their kids," says Danielle.

The work that charities such as The Children's Wish Foundation do is more than just granting children a wish. They help children with life-threatening illnesses and their families escape the grim reality of their situation. The Children's Wish Foundation came into Braydy's life at a time when she and her family needed something positive to focus on.

"To think that one day, we'll be able to be on the beach together as a family and there won't be any blood transfusions or chemotherapy or blood-work or needles or any of these things that children should never have to endure," says Danielle. "That's a nice thought."

Brighter days ahead

Two days before Braydy's fifth birthday, her parents received news that Braydy was in full remission. "She went off to school this month with no tears," says Danielle. "She was ready to go and just be a kid again."

"When people donate their time or money, they should know that they truly are making a difference," she says. "They're helping kids who deserve it. They're helping children to live and to enjoy their life." ■

By Bronwen Keyes-Bevan

Joy is a wonder drug.
Happiness heals. Every smile, every moment of joy can raise the spirit — and strength — of a seriously ill child.
It's a wonder we see every day at Children's Wish. With the support of caring people like you, we ease the pain of three children every single day by making their special wishes come true. But there are so many wishes waiting to be granted, and so many children who just can't wait.
Children's Wish
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See why and donate today at www.childrenswish.ca
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metro VIEWS

Song of the savannah: Who said music was unique to humans? Giraffes, once thought silent but for a few snorts, hum to themselves at night — though researchers aren't sure why.

EMMA TEITEL: ON THE WOMEN'S ISSUES PANEL

It's hard to imagine — save for a drum circle hosted by Margaret Atwood — a campaign event where Harper would feel less welcome.

The last time that women's issues were debated by Canada's major political leaders on a national stage during a federal election, the average movie ticket cost less than $10, MuchMusic had not yet aired on TV and Marc Garneau — the retired astronaut turned MP — had not yet visited space.

In other words, the last time our federal party leaders met on a national stage to debate women's issues, the date was Aug. 15, 1984. Justin Trudeau was 12 years old, Thomas Mulcair was 29 and Stephen Harper was 25.

That debate, sponsored by the National Action Committee on the Status of Women, featured impassioned calls for increased women's rights from then NDP leader Edward Broadbent and Conservative leader Brian Mulroney — and John Turner, the Liberal prime minister of the day.

Turner's and Mulroney's performances in 1984 were rife with contradiction: Both men spoke very highly of the opposite sex while defending, almost in the same breath, their less than stellar positions on abortion rights. But at least they showed up.

The same cannot be said about Harper, our current Conservative leader, who, 31 years later, has snubbed women's groups twice already in this seemingly never-ending election cycle.

The Up for Debate event illustrated succinctly why women's issues are not merely moral, but economically prudent.

In August, he refused to participate in a planned debate on women's issues organized by Up for Debate, an alliance of more than 100 women's organizations. The NDP's Mulcair, originally slated to participate, pulled out not long after with a lame excuse: He would only participate in debates at which Harper was present.

REWIND The last time federal leaders debated women's issues for a national audience was 1984. The NDP's Ed Broadbent, Progressive Conservative Brian Mulroney and Liberal John Turner debated abortion, which was not yet legal.
THE CANADIAN ENCYCLOPEDIA

But, unlike Harper, Mulcair did agree to participate in Up For Debate's second go at a women-focused election event: Monday's live-stream panel discussion at the University of Toronto, organized in partnership with the Toronto Star and Le Devoir, featuring video interviews with four of five federal party leaders.

"It's pretty clear that this is not a priority for the PCs," said 26-year-old U of T student Allison Branston at the event. "Clearly they don't think (Harper) would perform well in this situation."

Branston is probably right. The event, which drew more than a hundred women, featured a feminist standup comic regaling the audience with jokes about menstruation and Harper's famously stiff coif, followed by a panel of activists calling for a "rigorous investigation" into murdered and missing aboriginal women in Canada.

It is hard to picture — save for a drum circle hosted by Margaret Atwood — a campaign event where Harper would feel less welcome than last night's. In video interviews streamed on a screen in a university auditorium, both Trudeau and Mulcair declared themselves feminists. Critiques of the Harper government from the panel were met occasionally with uproarious applause.

Though deeply partisan, and therefore a little preachy, the Up For Debate event illustrated succinctly why women's issues are not merely moral, but economically prudent. According to one panellist, violence against women costs the government "by its own estimation more than $12 billion a year."

And yet, despite the success of Monday's event, it's difficult not to be at least mildly frustrated that it even had to exist at all. Women's issues may be important, but they are clearly not important all year round, hence their absence from the majority of major election debates both past and present.

Every problem dissected by the participating party leaders in their video testimonies — from violence against women to abortion access in the Maritimes — is real and harrowing. But they are also apparently too niche for public consumption in prime time, when debates are not only won and lost by men, but moderated by them as well.

One of the most refreshing moments of the Republican primary debates in the United States this year occurred when debate moderator Megyn Kelly, a conservative pundit, called Donald Trump out on his apparent habit of referring to women he finds disagreeable as "fat pigs."

Rather than wait another 31 years to watch our political leaders engage in a discussion about women's issues, it would be nice to see more women moderate our country's major multi-issue debates.

After all, Harper can't skip those.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

metroview

#ReadtheTRCReport: We can't reconcile if we don't know the history

Erica Violet Lee
For Metro

On June 2, the Truth and Reconciliation Commission Report on residential schools was released. I remember standing in a packed Ottawa hotel lobby, watching along with hundreds of others who had travelled from across the country. I was a little grouchy going in. The impact of residential schools is well-documented. It felt impossible to find any reason for hope in yet another report filled with horrifying stories. (Just when we think we've heard the worst, there's always more.)

Three months later, we are in a federal campaign, and the TRC report has slipped the minds of politicians. How can we reconcile when so many don't know the history of this land or extent of the atrocities committed in Canada's name?

Reading the 388-page report is a daunting task, even more so because of the difficult content. Over the summer, Zoe Todd (Métis, Edmonton), Joseph Murdoch-Flowers (Inuk, Iqaluit), and I launched a project via Twitter to record the entire document on video, with the title #ReadTheTRCReport. One hundred and forty videos later, we completed the project. Each one was lovingly recorded by someone who lives on these lands — someone who lives with the legacy of residential schools, and with the responsibility to make sure these stories are not forgotten.

As the report summary was read aloud, I watched elders weeping and understood how many people waited their entire lives for it. Even more did not survive to see it. Residential school survivors and their families deserve closure, justice, and hope. The TRC report is a definitive record of their experiences. It's confirmation that yes, more than 150,000 indigenous children were taken from their homes, and yes, that is genocide.

Leaving the hotel, I thought this: Of 35 million Canadians, how many know there are more indigenous children currently in foster care than at the height of residential schools? How many falsely believe they are powerless to change the history currently being written by their government?

The report contains not only history and testimony, but recommendations calling Canadians to action. Number one on that list is the return of indigenous children to their cultures. For children to be safe in their communities, they need clean drinking water, equal funding for education, and freedom from poverty. By taking action for indigenous children now, we seek the justice that was denied to residential school attendees. By reading the report, we declare that to be indigenous is not only a story of tragedy, but one of hope.

Erica Violet Lee is studying philosophy and political studies at the University of Saskatchewan. She is a youth organizer in the Idle No More movement.

PHOTO: ALOYS FLEISCHMANN/FACEBOOK

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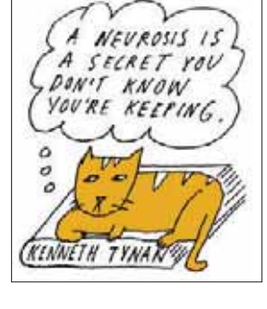

metro LIFE
Your essential daily news

Downton Abbey had 7.6 million U.K. viewers for the premiere of its final season.

Nine things to know about Trevor Noah

Trevor Noah has sizable shoes to fil as he takes over from Jon Stewart as host of the award-winning TV show.

COMEDY

The new Daily Show host has an interesting biography

Brian Gasparek
For Metro Canada

The night is almost upon us. On Sept. 28, South African comedian Trevor Noah officially takes over as the new host of The Daily Show.

Although the 31-year-old comic has inherited quite the coveted TV role, there's a good chance that you still don't know much about him. So before he parks his butt at the desk of our favourite late night news satire show, let's get to know him a little better.

Here are nine things that you should know about Trevor Noah — it turns out he's a pretty neat guy!

He says he was born illegally

According to Noah, his birth was a crime.

The comedian says that because he was born to a black South African mother and white Swiss father during apartheid, both their marriage and his birth were deemed illegal.

His mom was actually arrested and fined by the South African Government because of it. His upbringing inspired the heavy use of racial issues in his standup comedy.

He speaks more languages than the average Joe

There's a good chance that Trevor Noah is fluent in far more languages than any of us.

The comedian can speak English, German, Xhosa, Zulu, Sotho, and Afrikaans perfectly. Talk about a polyglot.

He was a soap opera actor

It's true. Before making a name for himself as a comedian, Noah was a South African soap opera actor in 2002. When he was just 18, Noah had a role in a show called Isidingo.

He's done radio as well

After his soap opera acting days, Noah was a radio host in South Africa. He scored his first hosting gig on a youth station called YFM in Gauteng.

His first show was appropriately called Noah's Arc. Clever, right?

The Daily Show isn't his first TV hosting gig

The Daily Show is far from Noah's first television hosting gig. Over the past decade, he has hosted an educational show, a celebrity gossip show and a sports show on South Africa's SABC 1 and 2.

He has also co-hosted a dating show called The Amazing Date and was a contestant on a dance competition show called Strictly Come Dancing in 2008.

He started standup in his early 20s

Noah didn't start his standup comedy career until he was in his early 20s. His jokes have always revolved around race, culture, politics and celebrity ridiculousness. Sounds like a Daily Show shoe-in, right?

He's already made a mark on late-night TV

Before his Daily Show premiere, Noah had already made late-night television history.

He was the first South African comedian to appear on both The Tonight Show with Jay Leno and the Late Show With David Letterman.

He made a quick impression on The Daily Show

Noah first submitted his audition tape to The Daily Show in 2014. He appeared on the show just three times as a correspondent before being named as Jon Stewart's successor. That's what you call a good impression.

He is performing at JFL42 this month

It turns out Noah will be performing standup in Toronto just two days before he takes over as the host of The Daily Show. Noah is one of this year's headliners at JFL42, performing on Sept. 26 at the Sony Centre.

The Daily Show with Trevor Noah premieres Monday Sept. 28 at 11 p.m. on The Comedy Network.

STANDUP

Russell Peters is Noah's Canuck comic connection

Canadian comedy superstar Russell Peters had Noah as the opening act for all of his shows during his South African comedy tour back in 2007.

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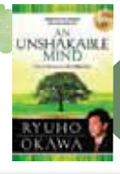

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Charlie Weber prepares for the worst

PLOT LINE

No one is safe on ABC's How to Get Away with Murder

When you work on a show called How to Get Away with Murder, you pretty much have to prepare for the worst.

So says co-star Charlie Weber, whose shady character Frank Delfino revealed himself last season to be more than capable of tying up loose ends — permanently.

The legal thriller returns Thursday with Weber resuming his role as loyal bulldog to hard-bitten lawyer/professor Annalise Keating, played by recent Emmy winner Viola Davis.

The first season ended with the surprise murder of Rebecca Sutter, played by Canadian actress Katie Findlay, and Weber said fans won't have to wait long to find out what happened.

"We are going to address the Rebecca thing fairly quickly, I think, and we'll need to — a dead girl is under the stairs," he said during a visit to Toronto in June.

"And we'll see how quickly things pick up and where."

A teaser for the second season opener promises the killer will be revealed.

Meanwhile, Annalise takes on the case of a brother and sister who are accused of killing their parents and an old friend surprises Annalise at home and teaches her a valuable lesson.

The episode also introduces Famke Janssen as a new character.

Weber said no character is safe on the Shondaland series — just one of several addictive Shonda Rhimes productions that include Scandal, which saw the near-fatal stabbing of Scott Foley's Jake Ballard last season, and Grey's Anatomy, which last season killed off popular hunk Derek Shepherd, played by Patrick Dempsey.

Weber said Findlay got little notice about her character's fate.

"It's quick. (Creator Pete Nowalk) told Katie Findlay, who plays Rebecca, that in fact she was going to be dead in the finale, but not long before that was finished. So he let her process that, but it can happen at a moment's notice, on any one of those shows. For us, literally any moment because it's a show about murder and we killed two series regulars in the first season."

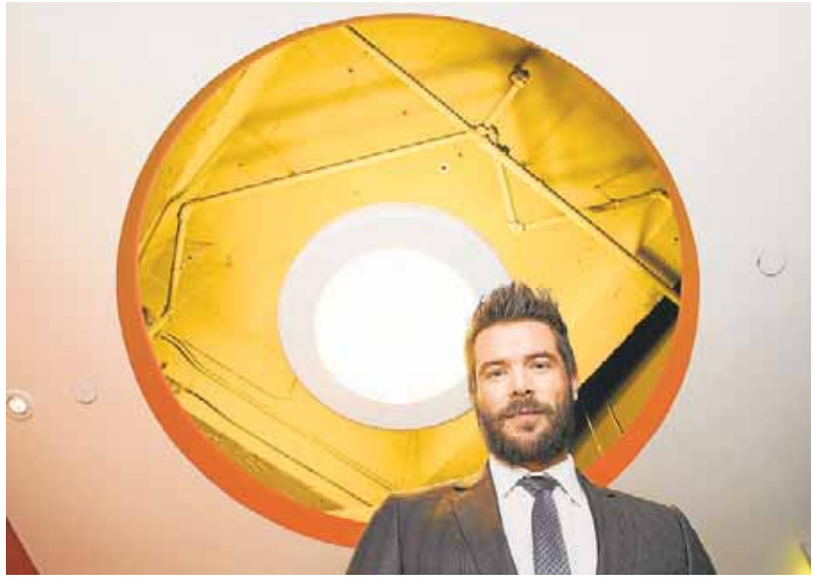
Weber said he's eager to learn more about Frank's dark past, noting that he only learned of his role in killing college student Lila Stangard as the series unfolded.

"A lot of decisions were made throughout the course of the season sort of leading down that path," said Weber.

"I think it was actually quite validating, that moment of Frank killing Lila, for the way that I'd played Frank from the beginning. He was definitely someone capable of that and (she was) definitely not the first person he'd killed. But now we need to find out why."

How to Get Away with Murder returns Thursday on ABC and CTV.

THE CANADIAN PRESS



Actor Charlie Weber says viewers will soon find out what happened in last season's murder of Rebecca Sutter. FRANK GUNN/THE CANADIAN PRESS

> **"It can happen at a moment's notice ... For us, literally any moment because it's a show about murder and we killed two series regulars in the first season.**
>
> Charlie Weber, who plays Frank Delfino in How to Get Away with Murder

HEROES REBORN

Star of Chuck's new dark role

Zachary Levi switches gears from playing the goofy star of Chuck to something much darker in his new thriller, Heroes Reborn.

The gregarious actor admits the role is a bit of a left turn for those familiar with the hero of his defunct beloved spy dramedy.

"The tone of these two shows is very different. In Chuck there was a lot of lightheartedness, there was a charm, there was a heart," Levi said during a stop in Toronto in June.

"And Heroes is a dark and complicated world and I play a dark and complicated guy."

Since his cult NBC series left the air in 2012, Levi has tackled material on big and small screens including the stop-motion comedy Robot Chicken and the super-hero spectacle Thor: The Dark World, in which he played the warrior Fandral.

But Heroes Reborn arguably resets his career with his darkest role yet: His character Luke is a vigilante bent on exacting vengeance for the death of his son.

The show continues Tim Kring's saga of ordinary people suddenly bestowed with superhuman abilities, introduced in the four-season Heroes. Levi said the new story picks up five years later, with a war brewing between those with abilities and those without.

Jack Coleman reprises his role as HRG, a.k.a. Noah Bennet, while other returning characters include Greg Grunberg as Matt Parkman and Masi Oka as Hiro Nakamura.

New characters include the awkward teen Tommy, played by Robbie Kay, who learns of a new ability that terrifies him; and Tokyo's quiet Miko, played by Kiki Sukezane, who is searching for her missing father while hiding an extraordinary secret.

Levi noted this is a world where many regular humans are shaken by the fact their neighbours possess what could be dangerous powers. "Lots of bad things are happening. Some people with powers abuse them and some people without abilities are afraid of them and fighting back."

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Zachary Levi. GETTY IMAGES

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10 New shows for fall

Fellow couch potatoes, it's time to get excited. Fall TV is officially upon us! Forget the cooler weather, shorter nights and falling leaves — the next couple of months are really all about the brand new TV series heading our way. Here's our guide to 10 new shows worth tuning into.

BRIAN GASPAREK FOR METRO

NOW AIRING

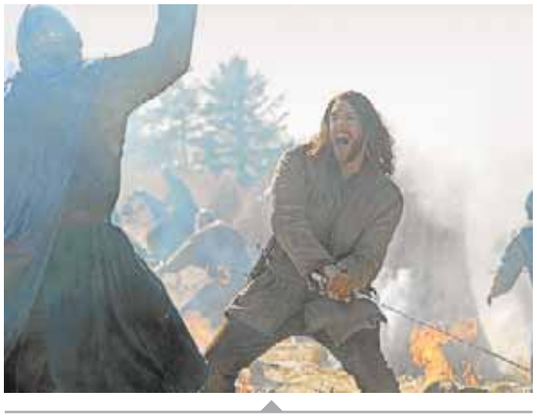
Blindspot

Blindspot has the potential to be one of the coolest new shows this fall. The drama follows Jane Doe, a mysterious tattoo-covered woman who wakes up in a duffle bag in Times Square with no memory of her past or identity. The FBI notices each tattoo on her body contains a clue to a crime that has to be solved. Neat, huh? The show stars Jaimie Alexander and Sullivan Stapleton.

TONIGHT

Scream Queens

If you liked Ryan Murphy's other creations (American Horror Story, Glee and Nip/Tuck), you'll want to check out Scream Queens. The show mixes horror and comedy and is planned to be an anthology series like AHS. The first season follows a series of sorority house murders and features a stacked cast that includes Emma Roberts, Lea Michele, Jamie Lee Curtis and Abigail Breslin.



NOW AIRING

The Bastard Executioner

If you're trying to fill the void that Sons of Anarchy left in your life when it ended last year, The Bastard Executioner could be the show to do it, a series by SOA creator Kurt Sutter that looks just as bloody and badass. It's a medieval drama that follows a disgruntled knight turned journeyman executioner. It stars Lee Jones, Katey Sagal and Stephen Moyer.

SEPT. 28

Daily Show with Trevor Noah

It's the question we're all asking: Will Trevor Noah be able to fill Jon Stewart's shoes as host of The Daily Show? Our questions will be answered later this month.

OCT. 9

Red Oaks

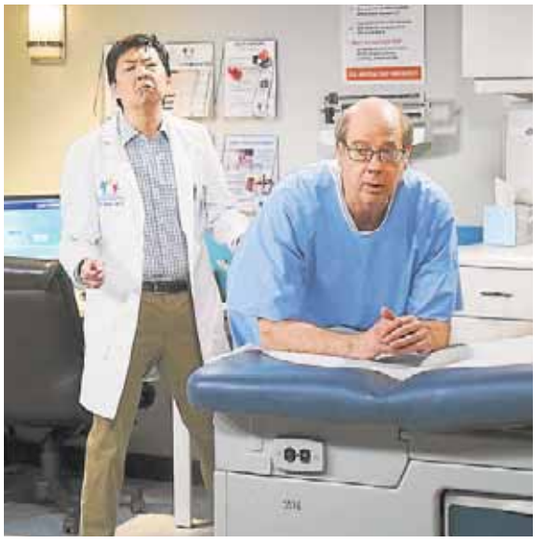
The best new comedy to binge watch this fall might be Amazon's Red Oaks. Following up its hilarious pilot that was released last year, the show is set in the mid '80s and revolves around an awkward teen tennis pro working a summer job at a posh country club. Critics have compared it to Caddyshack, which sounds pretty good to us.

TONIGHT

The Muppets

The Muppets are back on TV this month! Although that alone should make you want to tune in, their new show sounds fantastic.

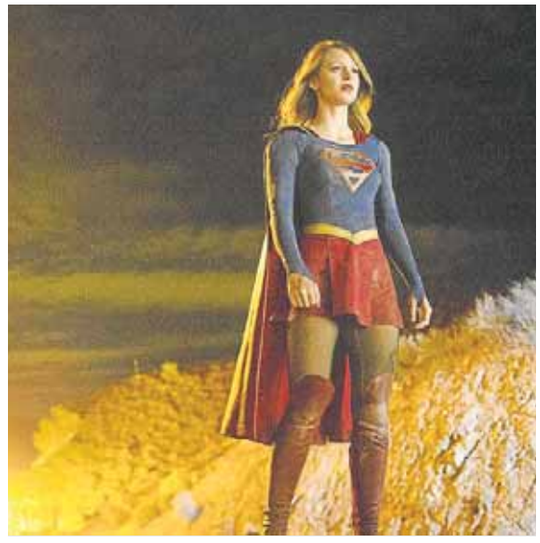
The Muppets will be a show-within-a-show sitcom in the vein of The Office or Parks and Recreation... only with The Muppets. Plus a lot of special guest cameos.



OCT. 2

Dr. Ken

Everyone loves Ken Jeong, so naturally he was given his own sitcom. In Dr. Ken, the former Hangover and Community star plays a brilliant but crass doctor (his real life profession before acting) and family man to his wife and two kids. With Ken as the star, it should be hilarious and worth a watch.

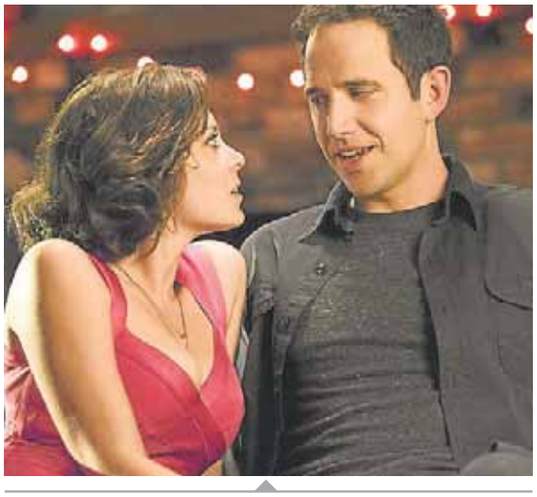


OCT. 26

Supergirl

Agent Carter is getting some female superhero competition this fall. Arrow and Flash producer Greg Berlanti is bringing Supergirl into our living rooms in late October and it looks really good.

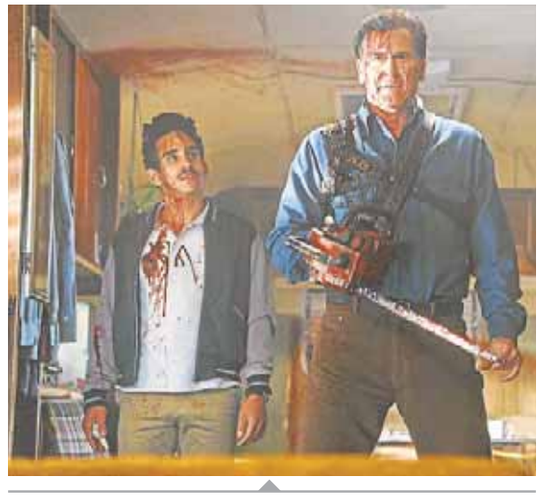
Former Glee star Melissa Benoist is donning the red cape for the show.



OCT. 12

Crazy Ex-Girlfriend

Another can't miss comedy is Crazy Ex-Girlfriend. Dreamt up by and starring Robot Chicken writer Rachel Bloom, the dark musical comedy follows a ridiculously obsessed single woman trying to rekindle a relationship with her high school boyfriend 10 years later. She believes he's her soulmate after being inspired by an emotional butter commercial.



OCT. 31

Ash Vs. Evil Dead

Get your bandwidth ready for some Halloween streaming. Sam Raimi and Bruce Campbell are reuniting to bring the world of Evil Dead to TV. Ash Vs. Evil Dead follows our favourite zombie-slaying film hero hilariously destroying a new pack of zombies 28 years later. It is 10 episodes of guaranteed blood, guts and laughs.

10 BEST RETURNING SHOWS

They're back: fall premieres that can't be missed

The fall season has finally arrived. In addition to bringing a solid batch of new shows into our living rooms, we also see the return of a few favourites.

Here's a look at 10 of the top shows returning and when you can catch them.

Dr. Who (Now airing)

Sci-fi junkies should be pumped for the ninth season of Doctor Who. Peter Capaldi is returning for his second season as the Doctor and Jenna Coleman is back in her third season a companion Clara Oswald.

Gotham (Sept. 21)

One of the most highly anticipated returns this fall is the second season of Gotham. Dubbed "rise of the villains," the new season promises to give fans the origin stories for some of Gotham's most popular baddies. Word has it we're going to get to see The Joker, Mr. Freeze and Tigress, to name a few!

How to Get Away with Murder (Sept. 24)

When HTGAWM returns, we're not only going to find out who killed Rebecca Sutter, we've also been promised another crazy plot twist. The murder mystery drama revolving around Viola Davis' Annalise Keating and her interns just kept getting better last season. We assume the trend continues in Season 2.

Big Bang Theory (Sept. 24)

How will Leonard and Penny deal with married life? Will Sheldon and Amy work things out? Will Raj find love? We'll find out the answer to these pressing questions when the most watched sitcom in the world returns for a ninth season.

The Flash (Oct. 6)

The first season of The Flash was surprisingly great, and the show hopes to build on its momentum going into season two. Look for a pack of new characters, including several from the alternate universe. There will also be a crossover episode with fellow superhero TV hit Arrow. Side note: Arrow season four debuts Oct. 7th.

American Horror Story: Hotel (Oct. 7)

The fifth chapter in the American Horror Story anthology begins in early October with AHS: Hotel. This season takes place at the haunted Hotel Cortez and is said to be the darkest yet. Yikes. Series regulars like Kathy Bates, Matt Bomer, Sarah Paulson and Chloë Sevigny all return. New cast members include Lady Gaga as the hotel owner and New Girl's Max Greenfield as a junky.

Walking Dead (Oct. 11)

The highest-rated cable drama of all time, The Walking Dead, is back with a 90-minute season premiere to kick off its sixth season, which opens with 650 walkers in the first episode. That's a lot of zombies, folks.

Fargo (Oct. 12)

Everyone's favourite dark comedy is back for its sophomore year. Fargo's second season takes place in the late '70s, with a new setting and cast of characters (for the most part), including Ted Danson, Kirsten Dunst and Nick Offerman.

The Knick (Oct. 16)

Steven Soderbergh's 20th-century medical drama The Knick kicks off its highly anticipated second season in mid-October. We're all excited about diving back into the lives of Clive Owen's drug-addicted surgeon Dr. Thackery.

From Miss Sunshine to Scream Queen

INTERVIEW

Abigail Breslin talks her new TV show and candid book

Abigail Breslin is loving working on the set of Scream Queens, especially meeting her cast mates, like musician-turned-actor Nick Jonas and an original scream queen herself, Jamie Lee Curtis. THE CANADIAN PRESS

It wasn't how Abigail Breslin expected her first close encounter with Nick Jonas to go down.

"Yelling at him with coffee breath," the 19-year-old actress recalled of one of their scenes together on Breslin's new series, Scream Queens, premiering tonight at 9 p.m. ET on City.

"That wasn't what I envisioned that scenario being when I was, like, 13. But you know what? Hey — it's still Nick Jonas."

Breslin, who got an Oscar nomination for playing a spirited beauty pageant contestant in Little Miss Sunshine, stars in the series as a member of a popular sorority plagued by a string of murders.

Emma Roberts plays the catty sorority president, Lea Michele of Glee co-stars as one of the pledges and Jamie Lee Curtis plays the university dean who forces the sorority to accept anyone who wants to join.

Ian Brennan, Ryan Murphy and Brad Falchuk created the Fox series, which was filmed in New Orleans and has been described as a combination of Heathers, American Horror Story and Mean Girls.

Breslin said she was "so obsessed" with the Jonas Brothers before Nick signed on to the show to play a fraternity member.

The night before he arrived on set, she fretted to her friends that she would feel embarrassed and awkward around him — even though she'd previously met him at three of his concerts.

"I was like, 'Nick Jonas is working tomorrow.... What should I be like? Should I pretend I don't remember him? Like, do that whole move and be like, "Oh, hey! Oh, we have met? Yeah, wow, God, so long ago,'" said the New York native.

"'Or should I just be like, 'Hey, Nick,' or like, 'HEY, Nick,' but not too excited, though ... just casual about it?"'

> **I was like, 'Nick Jonas is working tomorrow ... What should I be like? Should I pretend I don't remember him?**
>
> Abigail Breslin on shooting a scene with Nick Jonas

She ended up playing it cool: "I was like, 'Heyyy, hi, how's it going? How are you? What's up? God, excited for the scene? Yeah, me too.'"

Breslin also became equally "obsessed" with pop superstar Ariana Grande, who joined the cast as a sorority member.

"She's the cutest, sweetest, happy, little, cute," said Breslin, running out of adjectives. "Like, she's not real."

Then there's Curtis, who is "so cool," said Breslin.

"She followed me on Twitter and I was like," she said, letting out a big sigh. "Then I DM'd her and I was just like, 'I just want to say, I'm so excited to work with you.'

"When she got to New Orleans, she was like, 'Hey, you want to get dinner tonight?' and I was like, 'Really, like, can I?"'

The ever-expressive Breslin also gets candid in her new book, This May Sound Crazy, due out Oct. 6.

The collection of non-fiction essays about love in the social media era stems from a blog she started around age 16.

"It's basically like non-fiction essays that I've written just about why not to stalk your ex on Facebook and stuff like that — you know, the really important things in the world," she said with a laugh.

"It gets real. It gets way too real.... I talk about a lot of things, like apparently saying to a guy that you're 'harvesting a zit' is not cute."

THE CANADIAN PRESS

It's time to lose the weight and keep it off!

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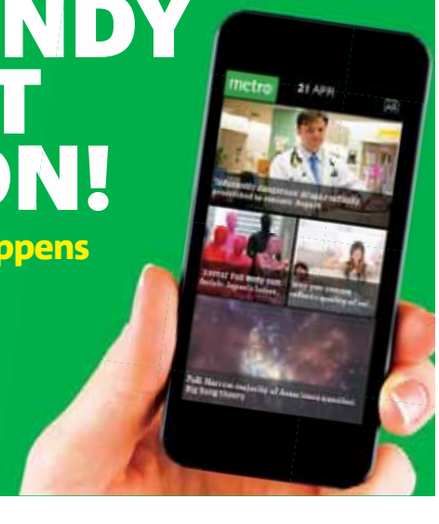

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Peter Capaldi as the Doctor in the Season 9 premiere. The show airs Saturdays on Space. HANDOUT

'It's all the frailties that make him interesting'

DOCTOR WHO

Showrunner Steven Moffat breaks down the Doctor

Eva Kis
Metro | New York

Time is not on Steven Moffat's side.

When we caught up with the Doctor Who (and Sherlock) showrunner last month to talk about the sci-fi series' ninth season, he was still writing it. "Whenever I go on holiday, wherever I am, sitting in an airport or car service, (writing) has been my fate," he says.

As for his more time-adept lead character, the Doctor (Peter Capaldi) has plenty of his own troubles. He rejoined with his companion, Clara (Jenna Coleman), but lost his homeworld of Gallifrey (again), so finding that will be a on the agenda — when he gets to it between adventures. Not to mention that time his long-lost rival The Master returned... as a woman.

We chatted with Moffat about what's complicated and not in the world of Doctor Who.

Will finding Gallifrey be the priority in Season 9?
It's out there, and it's at the back of the Doctor's mind. I'm bloody curious about the Doctor's nostalgia for Gallifrey, because we all know he ran away from it 'cause he found it so boring. So what happens if he finds it? He takes one look out the TARDIS door and says, 'Nah,' and takes off again. But we always miss home when we can't get to it, I guess that's the thing.

He's never going to have a single quest, the Doctor ... he's got attention deficit disorder, racing around trying to entertain himself and have fun with Clara. That's what he wants, that's his mission.

Any significance to the gender-swap of his rival, the Master, to Missy?
It's the same character; there's just been a radical change. I don't think Time Lords really mind about that sort of thing, and the Doctor doesn't react at all when the Master reveals herself, he never even queries it.

Dreams and feelings were big themes last season. Is this Doctor less afraid to be introspective?
I think the Doctor is always worried about that. One of the things I find interesting about him is what he's really like compared to what everybody thinks he is.

He has this great aspiration to be this man known as the Doctor who does the right thing and is never cruel and never cowardly — but we watch the show. We know that he's frail, and he can be vain ... he's so born to the aristocracy he never stops being imperious even if he pretends he's a man of the people.

It's all the frailties that make him interesting.

> **People view him either as a great hero or a great avenger or a might warrior, and we know he isn't... He just wants to have fun.**
> Steven Moffat, Doctor Who showrunner

Does the Doctor allow himself to feel regret, or does he make peace with his decisions as soon as they're made?
He keeps on the move for that reason. He's not a big fan of sticking around for the consequences, is he? He'll depose the government; he won't set up a new one. I think he runs, not an untypical reaction — just keep moving, don't think about it.

In his case, the past is so long, if he sat there and thought of it — all the people he's lost and all the things he's done — he'd have time for nothing else.

Let's settle the Sherlock crossover question.
The problem with crossing over Doctor Who is the impact you have on the other show. If you actually did the Doctor meets Sherlock Holmes — which will not happen — then where's Sherlock at the end of that? He's just learned there is intelligent life in the universe, and time travel is possible — he must now factor this into any deduction he makes in the future.

HORROR

Star looks to life after Walking Dead

Chandler Riggs has been fighting zombies as Carl on The Walking Dead since he was 10.

Now 16, the TV star says he's eager to sink his teeth into other projects, but finds it difficult to break away from his character on the AMC smash.

"I've only gotten horror roles ever since I got on Walking Dead so I'm really hoping to try and branch out from that genre and hope that I won't get stuck there forever," Riggs said in a recent interview. "I do want to get other roles. I've been auditioning for other things, ever since I started on the show. I'm still auditioning, it's not like I'm getting handed roles or anything."

Riggs opened up about those struggles on Twitter and Facebook earlier this year, when he revealed he had auditioned for (and lost) the role of Spider-Man.

Reached last month at his home in Georgia, the actor admitted he's musing on a "back-up plan" to acting, especially with college looming in a couple of years. The Grade 11 student, who attends a regular public high school in Georgia, says he's keen to get a post-secondary education, even though he'd like to continue acting.

"Both my parents were teachers so it'd be cool to be a teacher," he says of possible alternate careers.

Riggs says he first caught the acting bug at age four, when he got started with small community theatre projects. Professional gigs were harder to snag and he was actually on the verge of quitting before he landed The Walking Dead.

"I had to keep on missing school just because of auditions and my dad had to keep on missing work — and he's a teacher and it's kind of hard to miss work there," he says. "It was just getting tough and we didn't have the money for me to even think about doing it for much longer."

Once on the show, he found a friendly face in co-star Melissa McBride, who was a casting director before she took on the role of battle-hardened Carol.

"I had actually gone to audition for her lots of times so when we came to the set we had already known each other for like two or three years," says Riggs, adding that his onscreen dad Andrew Lincoln also proved to be a valuable mentor. "We're all pretty close. Andy's such a cool guy and helps me through a lot of things acting-wise. He's given me a lot of tips on new ways to view things or do things."

THE CANADIAN PRESS

Chandler Riggs stars in The Walking Dead. THE CANADIAN PRESS

TV BRIEFS

Soap star disses Davis
Viola Davis' history-making Emmy win and call for more diversity on TV thrilled most viewers of Sunday's Emmycast. But not soap star Nancy Lee Grahn. Instead, the longtime cast member of General Hospital had a Twitter fit.

"Emmys not venue 4 racial opportunity," she declared in a tweet, later deleted. This was followed by a tweet hailing Davis, the star of ABC's How to Get Away With Murder who became the first African-American to win a best actress Emmy, as "the bees knees." But Grahn said Davis has never been discriminated against.

Before long, Grahn seemed to cool off, tweeting that Davis is "a goddess." Finally came a string of apologies. "Color me heartbroken," tweeted Grahn, observing, "Twitter can bring out the best & sadly tonight the worst of us."

THE ASSOCIATED PRESS

Nancy Lee Grahn. HANDOUT

Lucky No. 7 — Brangelina said to be adopting again

FAMILY

Orphan from Syrian refugee camp to join Jolie-Pitt clan

Ned Ehrbar
Metro | Hollywood

Angelina Jolie, UNHCR special envoy, meets with young Syrian refugees at an informal tented settlement in Zahle, Lebanon last year. ALL PHOTOS GETTY IMAGES

I was wondering how long Brad Pitt and Angelina Jolie could stay at six kids in their family — or how they'd personally address the Syrian refugee crisis. Well, both questions are reportedly being answered in one fell swoop, as the Hollywood power couple is set to adopt a Syrian orphan, according to Radar Online.

The child in question is apparently one of three young brothers Jolie met during a tour of a Syrian refugee camp in Turkey.

"Angie wanted to adopt all three, but when she got back to the United States, and told Brad about it, he said no," a source says. "Going from six children to nine was just way too much, and Brad was concerned about how it would impact their other kids. But Angie didn't put up a fight. She knew it just wouldn't work."

They apparently compromised on adopting one of the brothers. "It has been a very long process to adopt the Syrian orphan. The red tape has been almost impossible at times," the source adds. "It could take at least another four to five months before the child is brought to the United States."

This brings their number of adopted kids to four versus three biological children, which means someone's going to have to sit out the family pickup soccer games.

DATING RUMOURS

Love is blooming for young Jenner

Orlando Bloom generally seems like a pretty cool guy, as famous people go, then every once in a while he does something that makes me question his judgment.

Like a slap-fight in Ibiza with Justin Bieber, for instance.

Or this: Bloom is reportedly dating junior varsity Kardashian and model Kendall Jenner — but, like, secretly — since first cozying up to her at a private film screening in L.A. over the summer, according to the Sun.

"The age difference doesn't seem to bother them, although it's far too early for either to tell if it's going to develop into something serious," a source says.

What age difference, you might ask? Oh, just 19 years or so — or exactly as old as Jenner is. NED EHRBAR/METRO

GOSSIP BRIEFS

Reality TV for Rosie?

Is our next big reality TV cringe-fest is going to follow the burgeoning relationship between Rosie O'Donnell and Tatum O'Neal? Possibly!

"A production company has expressed interest in doing a reality show with Tatum and Rosie," a source tells the National Enquirer. "Tatum had done a reality show with her dad, Ryan, and even though it caused headlines for all the wrong reasons, she loved doing it. Rosie, however, is very hesitant to do a reality show because of all the turmoil going on in her life."

Isn't that exactly when you should do something like this, assuming you want big ratings? NED EHRBAR/METRO

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Miley Cyrus has found her culling

Miley Cyrus last week toured the Great Bear Rainforest in B.C. APRIL BENCZE/PACIFIC WILD

ACTIVISM

Pop star wants government-sanctioned wolf cull to end

Matt Kieltyka
Metro | Vancouver

One of the world's most visible superstars snuck in a covert trip to British Columbia last week in support of the campaign against B.C.'s wolf cull.

Miley Cyrus, who created a groundswell of international support for promoting Pacific Wild's petition against the cull through Instagram, joined member of the conservation group, local First Nations and Spirit Bear Adventures last week to tour the Great Bear Rainforest and see for herself the animals she wants protected.

"The reason why I am here is I want to see the wolf cull ended," Cyrus says on a video released by Pacific Wild on Monday. "When you're out here and you hang out with people like (wolf biologists) John (Theberge) and Mary (Theberge) and (ecologist) Carl Safina, you start thinking, 'Ok, what I do is really unimportant. But if I didn't do those things, then I wouldn't have the voice that I have to be the megaphone for what these amazing people have researched for so long."

Pacific Wild cofounder Ian McAllister said that Cyrus' three-day trip to B.C., with her brother Braison, saw the Wrecking Ball singer return home inspired and confident that science is on her side.

The provincial government's sanctioned wolf cull is an attempt to save B.C. endangered Mountain Caribou population, but conservationists question whether the hunt will have an impact. McAllister says the real problem is habitat loss.

Cyrus, he said, has been able to shine a public light on the campaign.

"We've been trying and trying to get Premier Christy Clark to look at it and get nothing. With Miley Cyrus, one Instagram post and Premier Clark responds."

In comments made earlier this month, Clark was dismissive of Cyrus' stance on the cull.

Pacific Wild's petion has garnered over 200,000 signatures to date.

Asked what's next for the campaign, McAllister laughs and hints at another celebrity sighting in the Great Bear Rainforest.

"I hear Pamela (Anderson) wants to visit," he said, about the B.C.-born star, who has also been critical of the cull.

GOSSIP BRIEFS

Perry and Mayer forever getting back together

I know you're wondering, so here's an update on Katy Perry and erstwhile boyfriend John Mayer. If their body language at Girls star Allison Williams' wedding this weekend is any indication, the two are definitively dating once again.

Perry and Mayer arrived at the Wyoming-set ceremony separately, but pretty soon they were inseparable, holding hands and snuggling and sitting all close and junk.

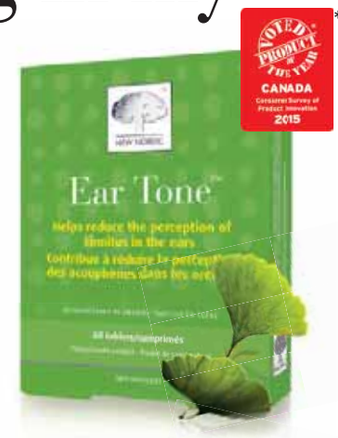
"They are definitely back together," a source tells People magazine.

In fact, the only time during the festivities they deigned to leave each other's side was when each of them performed a song for the bride and groom.

So that's how you get John Mayer to perform at your wedding! I was wondering. NED EHRBAR/METRO

TINNITUS
Lilly battled with tinnitus for many years. After coming across Ear Tone™ she finally relieved her condition. Here is her story:

The ringing in my ears finally faded!



"My tinnitus problem started years ago. I was listening to music during a long bus ride and when I stepped off, I noticed a constant ringing in my ears. Over time the ringing kept coming back and the noise even increased. It was unbearable.

When a friend told me about Ear Tone, I bought a box with great anticipation. After starting the second box I noticed that the ringing was reducing in strength and it's been declining ever since.

I can't express how happy this makes me feel and how much I now enjoy some silence. I still take Ear Tone, just to make sure I keep my ears healthy and to prevent problems in the future.

I strongly recommend Ear Tone – it has made a world of difference to me."

Lilly P., Sweden

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5 METHODS FOR STAYING CALM THIS FALL

You're back from summer vacation, school's in full swing and in no time, you'll be preparing for Thanksgiving, Halloween and Christmas. Here's how to stay calm juggling work, errands and looking after kids.

TEXT: AFP PHOTOS: ISTOCK

1 Smile anyway

Believe it or not, flashing a smile could keep you calm and cool, even if nobody's around to see it. Consider it a smile just for you. On the flip side, try smiling in a social or professional situation even if you have to fake it. Not only can it reduce your stress, but it could put those around you at ease, thereby making a potentially complicated situation easier to handle.

2 Breathe

Start by engaging diaphragm breathing. Place a hand over your mid to lower abdomen and breathe deeply until you feel it rise and fall. This deep breathing allows more oxygen into your lungs and subsequently your blood, leading to calm.

3 Take a real coffee break

It's tempting to reach for a cup of java when you're facing what seems like a mountain of work, but the stimulant's effect could cause you to feel even more overwhelmed. Switch it out for hot water with lemon juice, which is thought to have a detoxifying effect on the body.

4 Sit up straight

Good posture is essential for a healthy body, helping you avoid injury. It also encourages proper breathing, so it can help eliminate headaches provoked by insufficient oxygen intake. Sitting up straight for extended periods might be difficult if you're not used to it, but it has the added benefit of working your core.

5 Stretch it out

Yoga is well known to decrease stress and the practice now has a class themed just around every possible objective. For example, if you like fashion and style, try Voga. You'll find yoga classes geared towards improving performance in sports from surfing to skiing to occupy your time in the off-season.

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LIFESTYLE

Millennials more prone to weight gain

Twenty-five-year-olds now may need to exercise more and eat less than they would have a generation ago in order to maintain the same weight, suggests a new study.

Funded by the Canadian Institutes of Health Research, the study analyzed data from nearly 36,400 American adults from 1971 to 2008 as well as the physical activity frequency data of 14,419 adults from 1988 to 2006.

"We observe that for a given amount of self-reported food intake, people will be about 10 per cent heavier in 2008 than in 1971, and about five per cent heavier for a given amount of physical activity level in 1988 than 2006," said Ruth Brown, lead researcher and a graduate student at York University in Toronto.

"This is because weight management is actually much more complex than just energy in versus energy out," said Prof. Jennifer Kuk in the School of Kinesiology and Health Science, noting that factors such as medication use, environmental pollutants, genetics, timing of food intake, stress, gut bacteria and nighttime light exposure come together to make weight management more of a challenge.

AFP

A new study finds that millennials are about five per cent heavier than people a generation ago, even when they do the same amount of physical activity. ISTOCK

HEALTH BRIEFS

Antibacterial soap not as effective as once thought

If you cling to the idea that antibacterial soap is superior to plain soap, think again. A new study found no significant difference in bacteria-busting ability. Researchers zeroed in on antibacterial soap containing an ingredient called triclosan, a popular antiseptic. What they found was that it wasn't any more effective than regular soap when it came to killing germs. It should be noted that when the bacteria was exposed to triclosan for a nine-hour period, it was significantly more effective.

AFP

Munchies to blame for marijuana-diabetes link?

Experts say that current and former marijuana users appear to be more likely to develop prediabetes. Researchers found that when compared to those who'd never used marijuana, people who'd used high levels during their early adult years were 40 per cent more likely to develop prediabetes at middle age. The condition, which is characterized by inadequate blood sugar control, can lead to Type 2 diabetes if left unchecked. AFP

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* Int J Mol Sci 2011;12:4896-908 | ** Canadian Journal of Dietetic Practice and Research 2004;65(2):66-71 | *** J Int Soc Sports Nutr 2008 Nov 6;5:20-7

A cold or flu: Which one to blame?

SICK DAYS

Both viruses can make you feel pretty lousy

Jacqueline Kovacs
For Metro

Your body temperature is the surest way of identifying if you have a cold or the flu. If you develop a fever, you are probably facing a bout of influenza. SHUTTERSTOCK

You wake up with a scratchy throat, nose a touch stuffy.

Those uncomfortable symptoms subside as you go about your morning and head to work. But by day's end, that not-so-good feeling returns: You're tired, a bit achy. What's going on? Is it the common cold or the flu?

It could be either at this stage, experts say, but if you quickly develop a fever, you are probably facing a bout of influenza.

"If you take a textbook approach you're generally not looking at fever when it comes to colds," said Dr. Matthew P. Muller, medical director of infection prevention and control at Toronto's St. Michael's Hospital. "You can get a stuffy nose and watery eyes, but less general pain and not usually fever."

But to know for sure, Muller added, you would have to get your doctor to run a test.

Dr. Allison McGeer, director of infection control at Toronto's Mount Sinai Hospital, agrees.

"With the flu you can get quite mild symptoms and not realize you have the virus. Plus, other viruses cause similar symptoms, so it's hard to tell."

If, however, your symptoms are anything but mild and "you feel like you've been hit by a truck you're probably looking at the flu," McGeer said.

What are other ways to distinguish a cold from the flu? The location of your symptoms.

"A cold tends to be strictly an upper respiratory infection," Muller said. "The flu starts there, but in some severe cases, can spread to the lower respiratory tract and cause pneumonia."

Whichever ailment is vexing you, the treatment tends to be similar: Stay home, stay hydrated and get plenty of rest. And the sooner you do, Muller said, the better.

"During the early phases of these viruses, you are more infectious. If you go to work, you are more likely to spread the virus to your colleagues."

Plus, you will tend to get sicker and likely take longer to recuperate.

"Most people tend to get sick at some point in the winter," Muller said.

It's when and how you handle it that makes all the difference.

Why does my body hate me?

Stuffy nose, achy throat, nagging cough, maybe a fever — you know you are dealing with one of winter's nasty companions, the common cold or the flu.

But just why does your body combat these bugs with sneezing, a seemingly non-stop flow of mucus from your nose or the achy weakness that comes with fever?

RUNNY NOSE

A healthy nose always produces mucus, but just enough to keep your airways working properly and free of airborne debris. When your immune system detects an invading virus, it amps up mucus production and increases the number of germ-fighting antibodies in your system. So that icky flow from your nose is helping your body rid itself of the virus.

FEVER

Some researchers believe that our immune system raises our body temperature to kill invading bacteria.

The reason being that some viruses and bacteria thrive at our normal body temperature — 98.6 F — but don't survive if the heat is turned up.

"There may be some evolutionary value to a fever because some bacteria don't survive the raised temperature, but there's nothing conclusive," said Dr. Matthew P. Muller, medical director of infection prevention and control at Toronto's St. Michael's Hospital. "It is simply an immune response."

COUGH

It may be annoying, but that cough is designed to help you. A regular cough helps you get rid of things such as food particles that don't belong in your windpipe.

A "wet" or productive cough associated with a cold or flu virus helps you get germy mucus out of your lungs. And that nagging dry cough? That's generally because the previous coughing irritated your lungs, which, in turn, leads to more coughing — a vicious cycle that can linger for weeks or even months.

SORE THROAT

Officially known as pharyngitis, soreness in the throat is the result of inflammation — your immune system's protective response against infection. Inflammation involves immune cells, clotting proteins and signalling molecules. The result is soreness or scratchiness in the throat.

In the end, the combined effect of these immune-response symptoms should prompt the cold- and flu-weary to drink plenty of liquids, stay home and get lots of sleep — the cure most medical professionals recommend.

JACQUELINE KOVACS/FOR METRO

All those nasty symptoms from the common cold or flu? That's just your body fighting back. SHUTTERSTOCK

COMMON AILMENT

What about the stomach flu?

You are feeling tired and weak, but instead of being able to lie in bed, you keep running to the bathroom. It must be the dreaded stomach flu.

The common ailment — gastroenteritis — isn't really influenza, which infects only the respiratory system. Infecting the intestines, gastroenteritis appears one to three days after you have been infected and can last as little as 24 hours or as long as 10 days. If you have been vomiting more than two days, can't keep any fluids down or develop a fever, see your doctor.

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metro SPORTS

John Tortorella will reportedly return to the bench as Team USA's coach at the 2016 World Cup of Hockey

Jays cash in vs. Yankees

MLB

Toronto ace living up to billing in AL East tug of war

Blue Jays ace David Price worked seven shutout innings and Josh Donaldson scored twice as Toronto defeated the New York Yankees 4-2 on Monday night in the opener of a pivotal three-game series at Rogers Centre.

The victory gave the Blue Jays some much-needed breathing room in the AL East division standings. Toronto (86-64) moved 3-1/2 games ahead of the second-place Yankees and also gained ground on the idle Kansas City Royals, who lead the Blue Jays by 1-1/2 games in the race for the American League's top seed.

The Yankees made it interesting in the eighth inning by scoring a run and bringing the tying run to the plate, but reliever Brett Cecil kept the damage to a minimum. Roberto Osuna gave up a solo homer to Greg Bird in the ninth before picking up his 17th save to the delight of the sellout crowd of 47,648.

Toronto staked Price to an early three-run lead as New York starter Adam Warren (6-7) struggled through a 35-pitch first inning. Ben Revere singled, Donaldson was grazed by a pitch and Jose Bautista found a hole up the middle to bring Revere home with the game's first run.

A wild pitch moved Donaldson and Bautista into scoring position and an Edwin Encarnacion grounder was enough to score Donaldson. Bautista came across after Justin Smoak lashed a double over the head of Yankees right-fielder Carlos Beltran.

The Yankees (82-67) loaded the bases with one out in the third inning. Dustin Ackley reached on a Cliff Pennington throwing error, Jacoby Ellsbury singled and Brett Gardner walked.

Slugger Alex Rodriguez worked a full count on Price before striking out as the crowd roared its approval. Price then got Brian McCann to fly out to strand the runners.

Warren was pulled with one out in the fourth inning and replaced by James Pazos. Warren allowed five hits, three earned runs and a walk while striking out five.

Price, meanwhile, was in full control after being tested in the third inning. He retired the next 14 straight batters until he was replaced by Aaron Sanchez to start the eighth inning.

The Toronto starter was helped by some solid defence. Smoak dived to snag a Gardner chopper by the first-base line before getting up and beating him to the bag for the first out of the sixth inning.

THE CANADIAN PRESS

Alex Rodriguez returns to the visitors' dugout after striking out in the sixth inning Monday night at Rogers Centre. A-Rod fanned three times and had one hit in the Yankees' loss. TODD KOROL/TORSTAR NEWS SERVICE

MONDAY **In Toronto**

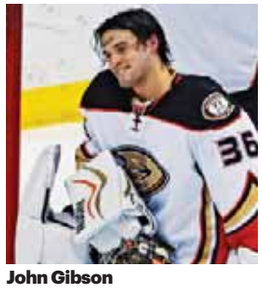
BLUE JAYS	YANKEES
4	2

NHL

Gibson nets $6.9M contract extension

Goalie John Gibson has agreed to a three-year, $6.9-million contract extension with the Anaheim Ducks. The Ducks announced the deal Monday.

The 22-year-old Gibson is considered one of the top young goalies in hockey, and he has won 16 NHL games over the past two seasons with the Ducks. He is competing with starter Frederik Andersen and newcomer Anton Khudobin for two roster spots in training camp. THE ASSOCIATED PRESS



John Gibson
JIM MONE/THE ASSOCIATED PRESS

IN BRIEF

Kings step up off-ice conduct training

The Los Angeles Kings have announced an extensive program of off-ice training for their players after three embarrassing arrests in the past year. The franchise is partnering with community organizations to address domestic violence, drug and alcohol abuse and sexual harassment.

The Kings have cut ties with Slava Voynov, Jarret Stoll and Mike Richards since their arrests.

THE ASSOCIATED PRESS

NFL

Romo likely to miss two months

Dallas Cowboys quarterback Tony Romo is expected to miss about two months with a broken left collarbone, though he won't need surgery.

The loss of Romo in Sunday's 20-10 victory at Philadelphia means the defending NFC East champion Cowboys (2-0) will be without their starting quarterback and All-Pro receiver Dez Bryant possibly through October.

Coach Jason Garrett said Monday that tests revealed no ligament damage for Romo after the second broken collarbone of his career. The other was in 2010, and he missed the final 10 games of the season.

THE ASSOCIATED PRESS

PLAN B

Brandon Weeden replaced Romo against the Eagles and threw a clinching 42-yard touchdown pass in the fourth quarter.

IN BRIEF

Miller loses again vs. Mets

Jonathon Niese won for the first time in a month, Michael Conforto homered and the New York Mets inched closer to an NL East title with their 4-0 win over the Atlanta Braves on Monday night.

Daniel Murphy lined a two-run double, Yoenis Cespedes had three hits and the Mets handed hard-luck Shelby Miller his 15th straight defeat.

THE ASSOCIATED PRESS

Trinidad paves way for ex-FIFA VP's extradition

Trinidad and Tobago's attorney general has signed documents allowing authorities to potentially go ahead with a U.S. effort to extradite former FIFA vice-president Jack Warner to face charges in a corruption case that has shaken international soccer, officials said in court Monday.

Attorney General Faris Al Rawi signed "authority to proceed" documents in the high-profile extradition case against the indicted Warner, said Queen's Counsel James Lewis, who represents the state. He made the comments Monday in Port-of-Spain.

Al Rawi would not comment on specifics Monday, saying only that "the process is still unfolding."

THE ASSOCIATED PRESS

Ticats lose Collaros till 2016

Zach Collaros's brilliant 2015 season is over. The Hamilton Tiger-Cats confirmed Monday their star quarterback will miss the remainder of the campaign with a torn ACL in his right knee. Collaros suffered the injury in the second quarter of a 25-18 home loss to the Edmonton Eskimos on Saturday afternoon.

Collaros underwent an MRI on Monday. The Ticats said no date for surgery has been determined.

"I would like to thank the great players, coaches and fans around the league who have extended their support this week," Collaros said on his Twitter account Monday. "I will work my hardest for my teammates and our organization to come back stronger."

THE CANADIAN PRESS

Leafs to give glimpse of blue-line future

NHL

Gardiner and Rielly start training camp as top pairing

Mike Babcock cautioned not to read too much into Jake Gardiner and Morgan Rielly playing together to open the pre-season. It may be just a training camp experiment by the new Leafs head coach, but it's a fascinating one.

Gardiner and Rielly are young, smooth-skating, offensive-minded defencemen who could thrive under Babcock. Even with Dion Phaneuf around, they would seem to make up the ideal top defensive pairing now and for the future.

"I think we just use each other to our advantage," Rielly said. "We just like using each other as outlets, whether we're in trouble or whether we're trying to get going." Gardiner is entering his fourth full NHL season and Rielly his third. At 25, Gardiner has the security of a long-term contract, while Rielly has the potential tools to be a No. 1 defenceman.

Babcock, who figured he wanted to see Gardiner and Rielly play together because they're good young players and buddies off the ice, said at training-camp media day that they need to improve defensively. But he sees more in Gardiner than perhaps other Leafs coaches have.

"Everyone talks about Morgan Rielly and everyone knows that he has elite upside (as an) offensive guy," Babcock said. "But Gardiner, when I watch him, I think he should be a good player. So let's build him up."

The best way of doing that may be pairing him with Rielly, which Randy Carlyle and Peter Horachek tried last season. Even though each player is left-handed, Rielly adjusted to playing the right side spectacularly as a 21-year-old.

Gardiner and Rielly have enough experience playing together that they know the drill by now. Since they're quick to think offence, Rielly said they have to take turns jumping up in plays and getting back to cover for each other. "You just have to kind of read off each other," Rielly said. "I can usually tell from a mile away when he's thinking about playing offence. When that happens, I'll just drop back and he'll do the same."

THE CANADIAN PRESS

Jake Gardiner, right, and Morgan Rielly of the Maple Leafs celebrate a goal scored by the former during the 2013-14 season. LEON HALIP/GETTY IMAGES

PRE-SEASON

The Maple Leafs kicked off their pre-season schedule on Monday night with a pair split-squad games against the Senators, one in Toronto at Air Canada Centre, top, and the other at Canadian Tire Centre in Ottawa. The Leafs won the away affair 4-3 on an overtime goal from Joffrey Lupul and cruised 4-1 at home on the back of newcomer P.A. Parenteau's pair of goals. THE CANADIAN PRESS

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The soup is great as is, but it's also a wonderful slate for dressing up with a variety of toppings. It allows everyone in the family to customize the soup as they see fit. Mini toasts, browned turkey or chicken sausage, sautéed winter or delicata squash, a spoonful of plain Greek yogurt blended with chopped fresh herbs, or bread.

Ready in 20 minutes
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Ingredients
- 3 medium-large zucchini (about 1 1/2 lbs)
- Kosher salt and ground black pepper
- 2 cups low-sodium chicken or vegetable broth, warmed to hot
- 2 Tbsp chopped fresh chives
- 1 Tbsp lemon juice

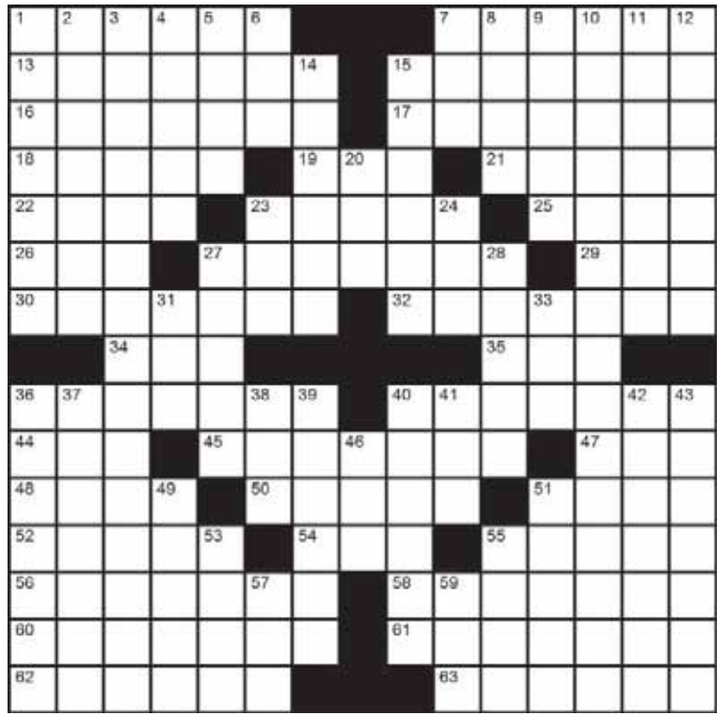
Directions
1. Heat the oven to 400 F. Line a baking sheet with kitchen parchment.
2. Cut the zucchini in half lengthwise, then slice off the nubby ends. Place the zucchini on the prepared baking sheet, then mist with cooking spray. Season with salt and pepper, then roast until tender, about 15 minutes, turning halfway through.
3. In a blender, combine the roasted zucchini, hot broth, chives and lemon juice. Blend until creamy and smooth. Serve immediately.

Nutrition per serving
- Calories 35
- Protein 3 g
- Sugar 3 g
- Carbohydrates 5 g
- Fibre 1 g
- Total fat 0.5 g
- Saturated fat 0 g
- Cholesterol 0 mg
- Sodium 170 mg

THE ASSOCIATED PRESS

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Bands of eight
7. Singing span
13. Ice cream establishment
15. Mountain peak topping
16. Black-tailed _ Dog (Rodent in southern Saskatchewan)
17. Sicily's capital
18. Willow¹tree's flexible twig
19. Sigma's follower
21. Test the outfit for sizing: 2 wds.
22. Mr. Mineo's
23. Gloria Swanson role, _ Desmond
25. Gambit
26. 'Client' completer
27. Big Apple denizens, with New
29. Philosophy
30. Ophidian
32. Does some editing with film
34. 1980s starlet Ms. Zadora
35. Haunter's cry!
36. Big wreck
40. English actress Ms. Miller's
44. _ favor (Please, in Spanish)
45. Types of small pianos
47. Dishwasher item
48. Cross of ancient Egypt
50. Keeps an eye on the weight lifter
51. Ill-considered
52. Man-made mechanical man
54. Quid _ quo
55. Al _ (Pasta-cooking consistency)
56. Peter of "Bosom Buddies" and "Newhart"
58. Everlastingly
60. _ Fields (Heavenly abode in Greek mythology)
61. Hooplah
62. "_ _ My Life" by Bruno Mars
63. Flips the coin

DOWN
1. Resists
2. Dealership event: 2 wds.
3. Canuck TV show for Julian, Ricky and Bubbles: 3 wds.
4. Fashion designer Mr. Saab, and namesakes
5. Unit of pressure
6. Fashion designer Anna
7. "Snakes _ _ Plane" (2006)
8. Indianapolis football player
9. Doofus
10. Medium for Big A, a 1968 abstract painting by Canadian artist Jack Bush (b.1909 - d.1977): 3 wds.
11. Skedaddle
12. Words created from people's names, such as Walt Disney to Disneyland or Arnold Palmer and the same-named drink or Thursday derived from the Norse god Thor
14. Snappy comeback
15. Sea foams
20. "Raiders of the Lost _" (1981)
23. Tadoussac turndown
24. Dadaist Jean
27. Casual affirmatives
28. Blackthorn fruits
31. Detectives, commonly
33. 'Restrict' suffix
36. Less dense
37. Eye piece for Mr. Peanut
38. Raises
39. 1970s Broadway musical with the song "Magic to Do"
40. Explode or depart: 2 wds.
41. 'I' in FWIW
42. Stark
43. Globes
46. Neither here there ...what's missing?
49. "The Planets" composer Gustav
51. Snorkelling locales
53. "Dynamite" singer Mr. Cruz
55. 007 foe in '62: 2 wds.
57. UK military service
59. Quaker cereal, _ Bran

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Keep certain situations, and certain people, at arm's length while you sort yourself out. A colleague will come up with a well-meaning suggestion but don't accept — the less you do on the work front today the better.

Taurus April 21 - May 21
You may find it difficult to put into words what is in your head but that's okay. Your body language will tell others what they need to hear, not least of which is that you have no time for slackers.

Gemini May 22 - June 21
There is a danger today that you will overreact to criticism and retreat into your shell. You don't have to be so precious. Toughen up.

Cancer June 22 - July 23
Try not to focus on other people's faults and failings. Be positive, even when dealing with negative people.

Leo July 24 - Aug. 23
You may be tempted to give up on something that is taking up a large slice of your time and your energy. Don't! In a matter of days it will come easier to you, and the hard work you put in earlier will pay off in a big way.

Virgo Aug. 24 - Sept. 23
If you have overextended yourself in some way you will now have to cut back and learn to live within your means. Your cash flow situation is unlikely to improve until you sell off some of those luxury items you own but rarely use.

Libra Sept. 24 - Oct. 23
No matter how persuasive you may be with others you can no longer fool yourself that things can stay as they are. Both at work and in your private life there will have to be changes.

Scorpio Oct. 24 - Nov. 22
Positive thoughts bring positive results, but the opposite is true as well: if you start thinking you do not deserve all the good things that are coming your way you will find they stop coming very quickly.

Sagittarius Nov. 23 - Dec. 21
You seem anxious, especially on the home front where bickering among loved ones is getting you down. The Sun's change of signs tomorrow will usher in a more positive phase.

Capricorn Dec. 22 - Jan. 20
Cosmic activity in and around the career area of your chart over the next few days will bring out your ambitious side. Don't focus on your rivals — it's what you do that matters.

Aquarius Jan. 21 - Feb. 19
The harder you try to change things the more stubbornly they stay the same. Take the hint and leave enough well alone.

Pisces Feb. 20 - March 20
A task you took on earlier in the month is making no progress and you are on the verge of admitting defeat. However, the planets indicate if you stick it out the tide will turn in your favour in a matter of days. Don't give up on it yet.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		6	3		8	7		
7	3			1			8	2
2								3
	8			5			6	
4								7
6	1			2			9	5
		8	4		9	3		

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Retina Flash
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Stronger Glass
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Voice quality reaches a new level of clarity with 4 microphones.

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A9 Chip
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M9 Motion Coprocessor
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iPhone 6S | TELUS

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